Wednesday's Jackpot
$40,000,000
estimated
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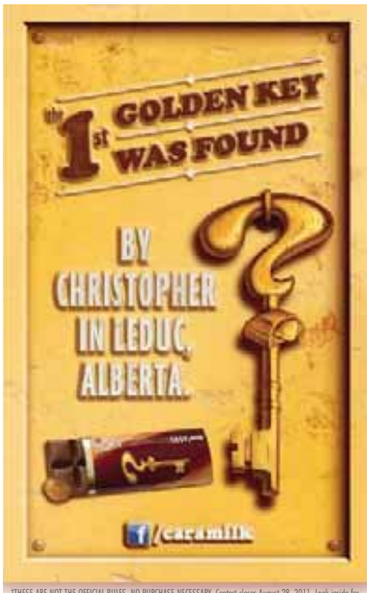
SPA DAY STEAL
AT-HOME FACE AND BODY TREATMENTS FOR THRIFTY LADIES {page 25}

IT'S A BOY!
KATE HUDSON, FIANCÉ HAVE HEALTHY BABY

{page 21}



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TORONTO metro®
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News worth sharing.

Concert. U2

▶ Bono and the rock group U2 perform at the Rogers Centre last night.

KEITH BEATY /TORSTAR NEWS SERVICE

U2 rocks Toronto at sold-out show

U2's sold-out show last night drew a crowd of 60,000-plus to the Rogers Centre as the Irish band made up for a date a year ago that was cancelled due to singer Bono's back injury. The U2 360 Degree Tour is in its third leg, having originally started June 30, 2009.

Little fat to cut: Report

Back off target of directing 70% of waste away from landfill, consultant recommends

A city-hired consultant is suggesting Toronto plow and sweep its streets less, stop putting fluoride in drinking water, and send more trash to landfill, among other cuts.

But the $350,000 report on how to cut the cost of public works — the first of such studies done across city departments — offers lots of bone and almost no fat.

"The vast majority, 96 per cent, of services that report through the public works committee are core municipal services" and not ripe for reduction, states the report released yesterday.

In fact, said city manager Joe Pennachetti, acting on all of KPMG's suggestions would shave only $10 million to $15 million from the $1-billion annual operating budget for public works.

And most of the recommended cuts are politically unpalatable, admitted the committee chair, Coun. Denzil Minnan-Wong, who said so-called hard services are not a "sweet spot" for easy savings.

Suggested cuts unlikely to be pushed by Mayor Rob Ford's administration include ending the clearing of "windrows" — piles of snow left by plows at the bottom of driveways — in North York, Etobicoke and Scarborough.

"We pay consultants millions of dollars to give us advice we can't use. Show me the councillor who will run (for re-election) on: 'We'll stop plowing your streets.' It (the report) says people are willing to pay a little bit more to get good city services."
COUN. ADAM VAUGHAN

Suburban councillors, many of them Ford's allies, have fought past attempts to kill the legacy service that costs taxpayers about $3.7 million annually, or 4.3 per cent of the $87-million snow-clearing budget.

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Yorkdale Shopping Centre
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TTC still probing urination complaint

A TTC investigation has concluded that an employee accused of urinating in public at Runnymede station was using his cellphone at the time of the alleged incident last month, and disciplined him for that.

But the division that deals with disciplinary matters is still investigating the claim of public urination, communications director Brad Ross said yesterday.

"We're not saying that the employee is lying, and we're not saying that the customer has fabricated the complaint," Ross said. "What we're saying is we need to talk to everybody involved in this."

Bob Kinnear, president of the union representing TTC workers, called the TTC rider's complaint a "bizarre assertion." He questioned why, considering it happened at a busy station during rush hour, more people hadn't come forward.

Because of the criticism TTC operators have drawn for using mobile devices on the job, Kinnear said the employee in question was "trying to use some discretion."

He also lambasted Coun. Karen Stintz for commenting on the incident, calling for an apology.

On Sunday, Stintz told a Toronto newspaper that it was "unacceptable" for a TTC worker to do what was alleged.

"How irresponsible could you be to apologize for an incident like that," he said. "She automatically assumes that it's the truth coming from the media, which, when she is representing the TTC, is very disappointing."

TORSTAR NEWS SERVICE

TONY BOCK/TORSTAR NEWS SERVICE

▶ Transit union president Bob Kinnear

Contestant cries defamation

Dragon's Den participant says the show smeared his image after he pitched 'Brantford bucks' idea

A former contestant on CBC's Dragons' Den alleges his reputation was smeared when the show's panel of Canadian tycoons rejected his business idea — a currency system based on poker chips.

John Turmel is expected to appear in the Ontario Court of Appeal today, asking that his lawsuit for defamation and breach of contract be allowed to proceed.

During a taping of the program in Toronto, he pitched a currency system for his hometown of Brantford, using clay poker chips from the local casino that would be dubbed "Brantford bucks." The experts weren't impressed.

"The panel of Dragons was, to say the least, not kind to Mr. Turmel," Justice Thomas Lofchik said in a precedent-setting decision last year, "one member of the panel having told him she had no idea what he was talking about."

"Another invited him to burst into flames" the Ontario Superior Court judge said, "and a third told him he was 'blowing air up a dead horse's ass.'"

"I was offended," Turmel said.

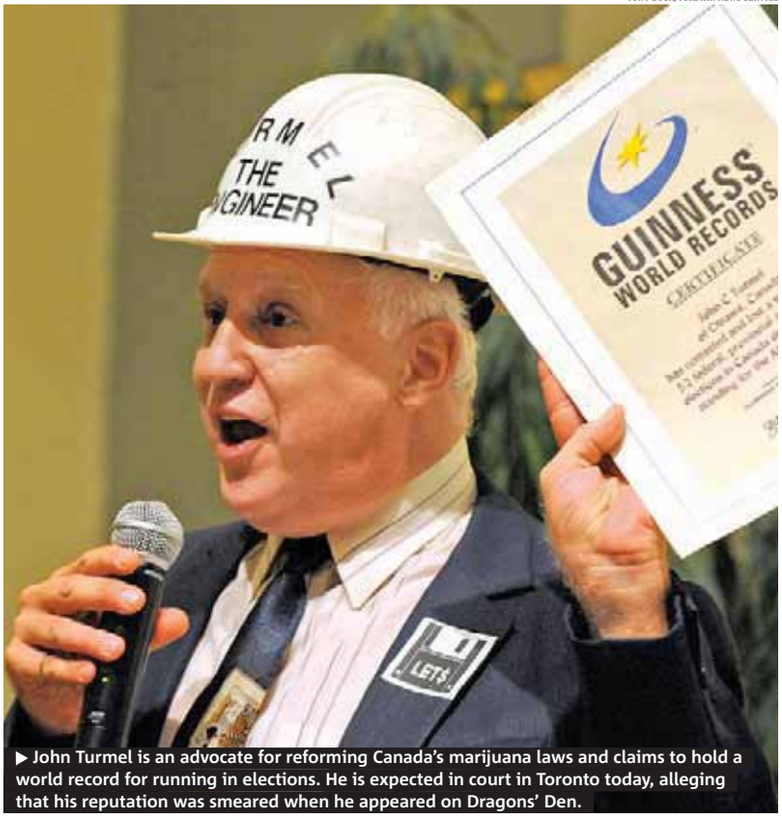
Lofchik dismissed Turmel's lawsuit without a trial, ruling that he failed to provide advance notice of his intention to sue.

TORSTAR NEWS SERVICE

Consent

The consent form John Turmel signed stated a contestant on the show understands "my appearance, depiction and/or portrayal in the program may be disparaging, defamatory, embarrassing or of an otherwise unfavourable nature which may expose me to public ridicule, humiliation or condemnation."

TONY BOCK/TORSTAR NEWS SERVICE



▶ John Turmel is an advocate for reforming Canada's marijuana laws and claims to hold a world record for running in elections. He is expected in court in Toronto today, alleging that his reputation was smeared when he appeared on Dragons' Den.

Don't cut fluoride, expert says

Cutting fluoride from the water supply would hit many in this city's immigrant communities right in the teeth, a University of Toronto dental expert says.

Not used to this country's sugar-laced diets, new arrivals from many areas of the developing world need the proven tooth decay protection fluoridated water offers, says Dr. Michael Glogauer, who specializes in oral diseases.

"It is extremely shortsighted," Glogauer says of a cost-cutting proposal presented to the city yesterday. "Especially in Toronto, which has a large number of immigrants coming into our environment, fluoridating the water is essential for that population."

TORSTAR NEWS SERVICE

High costs

▶ A review of all city services unveiled by KPMG said Toronto's current system "reflects high water quality produced at lower than target cost, but costs could be further reduced by eliminating fluoridation."

News in brief

$50,000 for information in beating death

A $50,000 reward is being offered in the case of a man who was beaten to death in an east-end Toronto park in 2009.

Kristian Thanapalan, 22, died after he and his friends were attacked by several men wielding baseball and cricket bats on Antrim Crescent.

The attack happened after Thanapalan's group had been playing a game of volleyball.

His family gathered at the park yesterday to mark the second anniversary of his death and announce the reward.

The victim's sister tearfully said someone must know something.

THE CANADIAN PRESS

1 news

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In tomorrow's Metro

Is Twitterverse getting meaner? Metro looks at the popularity of trending topics that may yield ugly results.

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Anger over Air India payout

Families say they have been treated like troublemakers
They want to move on, says local chair of association

Ottawa's offer of $24,000 for each person killed in the Air India bombing has angered the "poorly treated" families of its victims.

"Most families feel the amount is very small," says Dr. Bal Gupta, the Toronto-based chair of the Air India Victims Families Association.

The $7.9-million payment for all 329 victims of the terrorist attack was announced last week at a teleconference with about 40 families in Toronto.

The ex gratia payment — made by the Canadian government out of good will and without legal obligation — is for the poor treatment the families received by the government for years after the June 1985 bombing.

In the Air India inquiry report, retired justice John Major suggested the families receive an ex gratia payment for the "administrative disdain" to which they were subjected.

Most of the families settled their legal claims for compensation between 1985 and 1991, receiving on average $75,000 US for the loss of each non-earning adult or child, said Gupta. The amount was paid by Air India, the Canadian government and about 20 companies named in the civil cases.

THE CANADIAN PRESS/FILE

▶ Dr. Bal Gupta

By comparison, Gupta said, the U.S. government took the initiative to set up its own fund and paid families substantially more per victim for wrongful death. Such families received $2.1 million on average.

Although Gupta acknowledged the U.S. compensation was for the loss of life, not as an apology for how families were treated, he said it's difficult to separate the two.

"It's basically symbolic, so, emotionally, people will think it's compensation," said Gupta, who lost his wife, Ramwati.

Mike Patton, a spokesman for Public Safety Minister Vic Toews, said he understands that some Air India families may feel they have not been compensated adequately.

"If in light of information or if they haven't already settled, families have recourse through the courts," he said.

Patton said the ex gratia payment is final and cannot be negotiated. "This government has made this offer in good faith."

He said the amount was determined by considering ex gratia payments for people forced into reserve schools, Japanese internments, Chinese head tax payments and others treated inappropriately by the government.

Asked for a dollar figure he would be happy with from the government, Gupta said he won't offer a specific amount, adding that victims' families just want to finally put everything behind them.

TORSTAR NEWS SERVICE

280 **The attack on Air India Flight 182 claimed the lives of 329 people; 280 were Canadians, mostly of South Asian descent.**

Yorkville. Sandwiches

▶ Yorkville's Zaza Espresso Bar co-owner Raffaele was on Bellair Street yesterday handing out pork in a bun sandwiches to passersby to promote his new venture Zaza Paninoteca. Raffaele, who is from Italy, is known as an affable host with a penchant for calling all the ladies "bella," always with a smile.

CENTRAL IMAGE AGENCY

Affable host serves sidewalk samples

Festival funds

- David Miller's gift is part of the festival's $100,000 campaign to build a Creation Lab for independent artists to create, produce and innovate.
- Miller is directing his $10,000 matching donation to the Time and Space program, which will subsidize the cost of space rentals for independent companies.
- During the festival, which runs to July 17, Miller will match every dollar patrons donate to the Creation Lab, up to $10,000.

Miller's Fringe Festival donation not light

As city councillors sharpen their pencils to deal with an estimated $775-million budget shortfall, former mayor David Miller has donated $10,000 to the Toronto Fringe Festival. The money, the largest private donation in the festival's 23-year history, is also the single largest philanthropic donation Miller says he has ever made.

"It's important for individuals to give. But it's also really important for our governments to support the arts," he said. "It's through things like the arts and events like Pride where we come together as Torontonians and celebrate our differences and learn who we are."

Miller, who as mayor had his tie cut off during a Fringe Festival sketch, said he has always enjoyed the 10-day showcase.

TORSTAR NEWS SERVICE

City may spend millions on cash-strapped ski park

Toronto's parks department tried last year to find a company to operate the money-losing Earl Bales Park ski facility. It failed.

The department then suggested closing the facility for a winter. Council disagreed.

Now, as the city begins contemplating major service cuts, the department is proposing to replace Earl Bales' old, slow chairlift and undertake other renovations, at a possible cost of about $2 million.

Toronto's two municipal ski parks have received scrutiny during several budget crunches, but were defended by both left-leaning councillors and fiscal conservatives such as Mayor Rob Ford for offering cheap access to an expensive pursuit.

The department wants to replace Earl Bales' archaic two-person chairlift with a four-person lift. To do this, and improve the lighting and ski chalet, it plans to spend up to $200,000 this year and ask council for up to $2 million more in 2012.

Coun. James Pasternak (Ward 10, York Centre) said he supports saving the North York facility and improving it. He said he has been told the current chairlift is unsafe. "If the lift is unsafe, then clearly, we have to invest the funds to make it safe, or we have to shut it down. The ski hill is a pretty popular community asset," he said.

Deputy Mayor Doug Holyday concurred.

"No matter who operates it — unless we're going to close the ski hill down, which we're not — it needs new machinery. I don't like that we've got an expense, but you have to face the facts."

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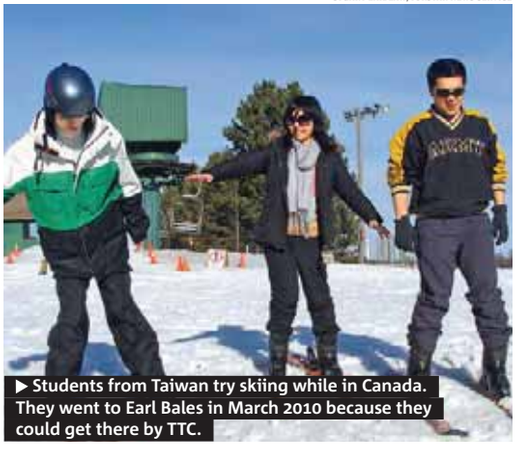
STUART LAIDLAW/TORSTAR NEWS SERVICE



▶ Students from Taiwan try skiing while in Canada. They went to Earl Bales in March 2010 because they could get there by TTC.

Repairs

- North York Alpine Racing Club president Clive Kessel said the chairlift has broken down several times, most frighteningly on one cold night in March. More than 20 children and teens waited in the air for two hours for the fire department to lower them after it stalled.
- About 7,000 people registered for skiing and snowboarding in 2009, while 54,000 made drop-in visits.

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Niagara Grit blasts own party

Craitor says he 'went ballistic' on aides to Health Minister Deb Matthews, as C. difficile death toll hits 21

A maverick Liberal MPP has read the riot act to his own government in the wake of the C. difficile crisis in Niagara.

Kim Craitor (Niagara Falls) was so frustrated with the local Niagara Health System that he says he "went ballistic" on aides to Health Minister Deb Matthews.

"I said, 'You're insulting the intelligence of the people of this area, you're insulting the intelligence of the doctors and nurses who come in to see me. It's like you're kicking me in the teeth,'" Craitor said in an interview last week with Bullet News Niagara.

With most of the 21 deaths from Ontario's latest outbreak of C. difficile bacteria taking place in Niagara hospitals, an unrepentant Craitor said yesterday that he was displeased at the initial response to the public's concerns.

"I only echo what I hear in the community," the outspoken MPP said.

At issue was the lack of information being given to Niagara residents at the height of the crisis last week. The situation was rectified after Craitor, who has frequently sparred with the Liberal government over the years, complained to Matthews about the need for daily press briefings.

▶ Kim Craitor

Still, his intervention is noteworthy because few MPPs of any political stripe are willing to speak out against their party in an era of strongly centralized government and opposition at Queen's Park.

Craitor suggested the Liberals have been more open to his criticism than another party might be.

"I tell you, if I was a Conservative they would kick me out so fast my head would spin."

At a protest last Wednesday outside the Niagara General Hospital in Niagara Falls, one of three local hospitals that were coping with clusters of C. difficile cases, Craitor told demonstrators he was on their side.

"In eight years, I have never once had the premier's office or any of my colleagues say anything to me. I'm a straight shooter and I will say what I believe is the right thing."

LIBERAL MPP KIM CRAITOR, ON CRITICIZING HIS OWN PARTY

"I said to the people: 'Just remember, you come first; the party will come second. I represent you — that's why I'm elected.' That's just my personal belief."

Matthews said Craitor, who faces a challenging re-election Oct. 6 in a traditional swing riding, is "a very vocal advocate for his community and that's exactly what MPPs should be."

"The hospital now is doing daily briefings and … the whole issue of when to share information is an important one so I think Kim was doing his job," she said.

TORSTAR NEWS SERVICE WITH FILES FROM THE CANADIAN PRESS

Blood. Ceremony

▶ Prime Minister Stephen Harper dances with Rhonda Weaselhead yesterday as his wife, Laureen, dances with Chief Charlie Weaselhead. Harper is wearing a headdress for the ceremony that celebrates him being made an honorary chief of the Blood Tribe in Stand Off, Alta.

JEFF MCINTOSH/THE CANADIAN PRESS

It's Chief Speaker Harper to you

The prime minister has been made a ceremonial chief of the Blood Tribe in southern Alberta. The tribe says it made Harper a chief for the residential schools apology he issued in 2008. Harper, whose Blood Tribe name is Chief Speaker, is the third sitting prime minister to be bestowed the honour, behind Lester Pearson and John Diefenbaker.

Sutton fire leaves 100 homeless

No foul play?

Many of the displaced residents will be staying with family and friends.

- Others will be housed by the Salvation Army.
- The Office of the Ontario Fire Marshal is investigating the cause. Police say foul play is not suspected.

More than 100 people were left homeless yesterday after a fire tore through a townhouse complex in Sutton, north of Newmarket.

Police say the flames destroyed 16 units, while the rest of the 36 units were damaged by smoke and water.

A quick-thinking young man who first noticed the blaze is being credited with saving lives.

"If it wasn't for him there would have been lives lost," said York Regional Police Insp. Shelley Rogers.

Rogers said the man immediately called 911 and began knocking on doors to get residents out of the Dalton Street housing complex. **THE CANADIAN PRESS**

Baird a lone wolf in disarmament boycott

A tough-talking John Baird said yesterday that Canada alone is boycotting the UN Conference on Disarmament to protest against North Korea chairing the hearings.

"North Korea chairing a UN agency on disarmament is absurd," the foreign affairs minister told reporters.

"It puts one of the world's worst offenders in the chair, it hurts the credibility of the United Nations and it is a blow to any meaningful efforts at disarmament," said Baird, adding the boycott would be lifted Aug. 19 with the rotation of the 65 members.

A Liberal critic said it was just another example of partisan ideology driving Canada's foreign affairs.

Baird said Canada's Conservative government would no longer "go along to get along," and added Canada will be calling for an end to the practice of routinely rotating chairs to avoid this happening again. Chairmanship is rotated three times a year.

"The regime is a major proliferator of nuclear weapons and its non-compliance with its disarmament obligations goes against the fundamental principles of this committee. North Korea's chairmanship undermines the integrity of both disarmament framework and of the United Nations and Canada simply will not support that," Baird said.

SEAN KILPATRICK/THE CANADIAN PRESS

▶ Minister of Foreign Affairs John Baird

"It's one thing to have them in the tent, it's another thing having them not just at the front row of the tent but chairing the meeting in the tent," he said.

'Ineffective'

Daryl Kimball, executive director of the Washington-based Arms Control Association, said Canada's boycott will be ineffective since the disarmament conference has been essentially deadlocked for a dozen years.

- "Canada's boycott is admirable but it alone is not going to make a difference. I would encourage the Canadian government to use this boycott as an opportunity to press for action (on stopping productions of bomb-grade nuclear materials) outside of the Conference on Disarmament," Kimball said.

In stark contrast, Canada's permanent representative to the UN office in Geneva, Marius Grinius, congratulated the North Koreans when they took over. Baird refused to answer questions on Grinius' actions.

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Boat listing before fatal sinking: Officials

As many as 129 people aboard Russian cruise ship killed Survivors report ship sank within eight minutes

An aging cruise ship was severely overcrowded, had a malfunctioning engine and listed to one side before it sank in heavy wind and rain on a river east of Moscow, Russian officials said yesterday.

River cruise boats are highly popular among Russian vacationers and the Bulgaria was carrying 208 people, including a large group of children, when it set off in stormy weather Sunday, officials said. It was only licensed to carry 120.

The ship was listing when the voyage began, possibly because of unemptied sewage tanks, and the port engine was malfunctioning, local investigators told state news agency RIA Novosti.

"It happened very fast. Hatches and windows were knocked out," said Vladimir Shirybyryv, who was waiting at a nearby port in Kazan for word about friends aboard.

The ship sank about three kilometres from shore in about 20 metres of water in a spot about 750 kilometres from Moscow, officials said.

THE ASSOCIATED PRESS

Search & rescue

- Seventy-nine people were rescued and 58 bodies, including those of five children, were recovered.
- Emergency teams and divers from neighbouring regions were searching for the rest of the passengers but hopes were dimming that any had survived.

NATALIA KOLESNIKOVA/GETTY IMAGES

▶ People lay flowers yesterday near the river port in Kazan, 800 kilometres east of Moscow.

9-11 memorial passes sell out

All 5,000 visitor passes to the opening of the National Sept. 11 Memorial are gone — distributed online in one hour.

The website for the Sept. 12 event went live yesterday morning.

Memorial president Joe Daniels told the Associated Press that officials were hoping for the quick response. He said it signals interest in the site, where "the public has not set foot in for 10 years."

Families of those who died in the Sept. 11 terror attacks will have special reservations to the site that bears the names of almost 3,000 victims. Some have never been to Ground Zero.

THE ASSOCIATED PRESS

MARTY LEDERHANDLER/THE ASSOCIATED PRESS

▶ World Trade Center

New York expecting an adoption boom

First comes love, then comes marriage.

Now adoption lawyers and agencies in New York say they are getting ready for a baby boom as same-sex couples emboldened by the state's new gay marriage law take the next step and try to adopt children.

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BATTLEHARBOUR/YOUTUBE

▶ Crab fisherman Eldred Burden photographs a five-kilometre chunk of the Petermann ice island. Video of the iceberg can be seen at www.youtube.com/watch?feature=player_embedded&v=VReyKfti_38

Giant iceberg stuns viewers

Largest North Atlantic iceberg in 50 years with mountains 30 metres high 3 times bigger than former city of Toronto Could threaten oil rigs

Eldred Burden looked out, stunned from his fishing trawler off the coast of Black Tickle, Labrador.

"I've seen icebergs before but this was unreal. It looked like something that shouldn't be there," the 52-year-old fisherman said yesterday from his home in Port Hope Simpson.

What looked like a floating ice city sat in front of Burden, a dazzling white ice island five kilometres long and alive with mountains, valleys, brooks, waterfalls, ponds and seals.

The ice island is a chunk of the Petermann ice mass that unexpectedly snapped off a Greenland glacier 11 months ago.

TORSTAR NEWS SERVICE

Superbug resists all antibiotics

Scientists have discovered a strain of gonorrhea that is resistant to all currently available antibiotics.

Analysis of the strain identified in Japan shows it is highly resistant to cephalosporin antibiotics — the only drugs still effective in treating gonorrhea.

Swedish researcher Dr. Magnus Unemo said the discovery is alarming but also predictable because gonorrhea has shown a remarkable capacity to develop resistance to drugs.

THE CANADIAN PRESS

Common STD

Gonorrhea is one of the most common STDs in the world and can cause infertility, increase HIV transmission and, in some cases, be fatal.

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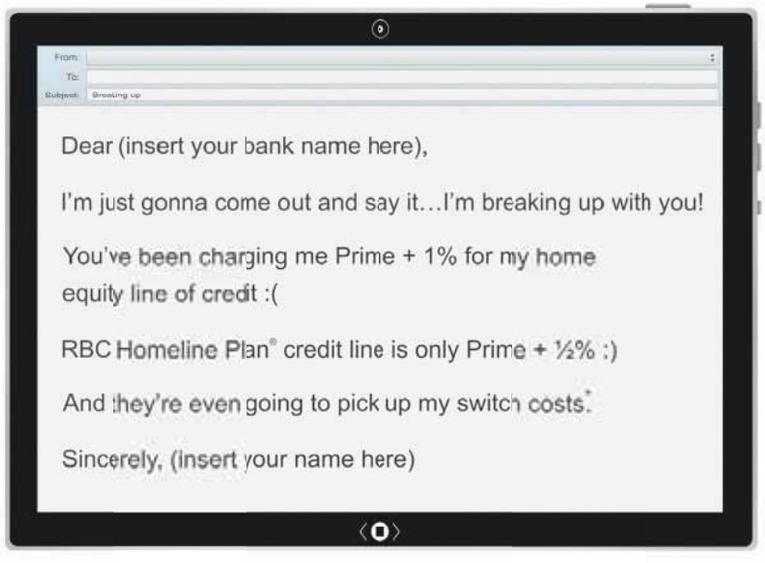
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NICHOLAS KAMM /GETTY IMAGES

▶ U.S. President Barack Obama calls for more budget talks at the White House yesterday after failing to reach an elusive deal with Republicans to stave off a potentially catastrophic debt default.

No deal for U.S. debt

Obama calling on Congress to raise debt limit

U.S. President Barack Obama raised the stakes yesterday in budget talks aimed at preventing a first-ever U.S. default, saying there would be no agreement if Republicans did not compromise and he would not sign a short-term deal.

The administration says there must be a deal by Aug. 2 or the U.S. will face a default on its obligations that could throw the uncertain economic recovery into greater doubt, cost millions their jobs and reverberate in financial markets around the world.

"I don't see a path to a deal if they don't budge. Period," Obama said in a challenge to his political opponents, accusing Republicans of having a "my way or the highway" posture.

Before heading to the White House for a fresh round of negotiations, House Speaker John Boehner said he agreed "we cannot allow our nation to default on our debt."

But Republican Boehner said tax increases are a non-starter: "The American people will not accept — and the House cannot pass — a bill that raises taxes on job creators."

Obama asked whether or not he would veto legislation, temporarily increasing the debt ceiling said: "I will not sign a 30-day, or 60-day, or 90-day extension."

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Protesters try to tear down barrier

Some activists who flew into Israel over the weekend joined Palestinians in assault on fence, villagers say

Several newly arrived foreign activists joined Palestinians in tearing down part of an Israeli fence in the West Bank yesterday, local activists said.

Some of the foreigners who took part in the protest were among those who had flown into Israel over the weekend, the local activists said. Organizers of the fly-in, which was to bring some 600 activists to the West Bank, have said the campaign is a peaceful show of solidarity with Palestinians living under Israeli occupation.

Yesterday's incident took place near the Palestinian village of Izbet Attabeb. In the area, a fence of coils of barbed wire cuts through farmland along a main east-west road, villagers said. The fence keeps Palestinians from accessing the road from the village, they said, though it is open to Palestinians in other sectors.

About 10 of the foreign activists joined about 50 Palestinians in tugging at and tearing down parts of the fence, villagers said.

The Israeli military said there was minor damage to the fence, and the protesters dispersed without military intervention.

Several of the foreign activists said they had arrived in recent days, but they refused to give their names for fear of deportation. Several other foreigners stayed in the village during the demonstration.

Israel's president, meanwhile, thanked his visiting Greek counterpart yesterday for Greece's role in stopping the flotilla that was supposed to sail toward Gaza last week and challenge Israel's sea blockade.

Israeli President Shimon Peres told Greek President Karolos Papoulias, "Your contribution to lower tensions benefits the entire region as well as Gaza itself."

The visit reflects rapidly improving relations between Israel and Greece. Israel has called the flotilla a dangerous political provocation. Greece stepped in to prevent the boats from leaving its ports.

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JAAFAR ASHTIYEH/GETTY IMAGES

▶ Palestinians and foreign protesters demonstrate against Israeli occupation and settlements yesterday near the West Bank village of Qalqilya.

Foreign activists to be deported

The fly-in to Israel was organized as plans fell through to send a flotilla of ships to challenge Israel's sea blockade of the Hamas-ruled Gaza Strip.

Israel issued a blacklist to airlines to stop most of the foreigners from boarding planes over the weekend. Israel arrested 130 others on arrival, but scores more were permitted to enter, and a few went to the West Bank to demonstrate.

Israel was deporting all the detained activists, said Interior Ministry spokeswoman Sabine Haddad. She said 58 were still being held yesterday and would be deported as soon as foreign airlines agreed to take them.

THE ASSOCIATED PRESS

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ABC NEWS/THE ASSOCIATED PRESS

▶ Diane Sawyer of ABC News, left, speaks with Jaycee Dugard in Ojai, Calif., during Dugard's first interview since being kidnapped near her California home in 1991 when she was 11. Dugard's memoir of her ordeal, A Stolen Life, is out today.

Woman describes horrifying ordeal

Kidnap victim Jaycee Dugard tells her own story of how she survived 18 years of rape and captivity

Talking through tears, Jaycee Dugard, who was kidnapped and held captive for nearly two decades, told of the pain and determination she felt as she gave birth to her captor's child in his backyard prison, while she was still just a girl.

"It was very painful," Dugard told Diane Sawyer in an interview filmed at her California home that aired on ABC Primetime Sunday night. "She came out and then I saw her. She was beautiful. I felt like I wasn't alone anymore. I had somebody who was mine."

Dugard, 31, grew emotional when she talked about seeing the first of two girls fathered by her kidnapper, Phillip Garrido.

When Sawyer asked how old she was at the time of the birth in Antioch, Calif., she said "14," with a small, incredulous laugh and a shake of her head.

Dugard described walking to the school bus stop on the day of a fifth-grade field trip and being zapped with a stun gun on a Lake Tahoe street at age 11.

She said she heard Garrido laughing and telling his wife, Nancy Garrido, "I can't believe we got away with it," calling the moment "the most horrible moment in your life, times 10."

Dugard told Sawyer there was "a switch" she had to shut off to emotionally survive her rape and imprisonment.

Asked by Sawyer how she stayed sane, Dugard said: "I don't know. I can't imagine being beaten to death, and you can't imagine being kidnapped and raped. You just do what you have to do to survive."

She said she is not full of rage, that to be angry all the time would be to let Phillip Garrido win.

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Changing face of customer service

Consumers with smartphones means anything can become public in an instant, social media experts say

ANDREW WALLACE/TORSTAR NEWS SERVICE

▶ Wendy Cukier

The standoff on the Bathurst streetcar last week, with TTC riders refusing to leave and the operator refusing to drive, all captured video, illustrates how nothing is private any more. An angry tweet about bad service at a store, restaurant or airport can easily spiral out of control, especially if other users pile on.

Companies are realizing how customer service is changing in the age of social media.

"You have to operate your organization as if any employee at any time could be on the six o'clock news," said Wendy Cukier, professor of information technology management at Ryerson University. "It has heightened the consciousness of how important customer service is."

Social media adds a level of transparency and accountability that companies have never seen before, Cukier said. "Not having a social media strategy is no longer an option."

John Pliniussen, associate professor of Internet marketing at Queen's University, agrees companies should monitor comments. It doesn't require a big budget to set up Google alerts that mention a business or product.

"In this day and age, you never close. Customers have a voice 24-7," he said. He doesn't see this feedback as negative. "You want people to complain. You want to know when you have a problem."

Keith McArthur, vice-president of social media for Rogers Communications, leads a small team dedicated to helping customers online — from third-party blogs to creating user forums. That means dealing with everything from billing inquiries to technical support or questions around policy.

Scott Stratten, Oakville-based author of UnMarketing: Stop Marketing, Start Engaging, said people have often put up with bad service because they couldn't be bothered to write a letter or fill out a comment card. "Social media, blogging and Facebook allow us to vent our true feelings, instead of having to confront a driver on the TTC or a waiter.

TORSTAR NEWS SERVICE

Electric. Vehicle

▶ Chief vehicle engineer Hidetoshi Kadota demonstrates a quick charge of a Nissan Leaf by a solar-assisted EV charging system at Nissan's global headquarters in Yokohama, Japan.

KOJI SASAHARA/THE ASSOCIATED PRESS

Nissan Leafs powered by the sun

Nissan is testing a super-green way to recharge its Leaf electric vehicle using solar power, part of a broader drive to improve electricity storage systems. In the test system, electricity is generated through 488 solar cells on the roof of the Nissan headquarters building and stored in four batteries — enough to fully charge 1,800 Leaf vehicles a year, according to Nissan.

Mind your language on social media

In 2008, pain reliever maker Motrin drew the ire of mothers upset by the mocking tone of a YouTube video about mothers donning baby-wearing slings.

During the protests in Egypt, fashion designer Kenneth Cole tweeted: "Millions are in uproar in #Cairo. Rumor is they heard our new spring collection is now available online." Cole tweeted an apology about an hour later: "Re Egypt tweet: we weren't intending to make light of a serious situation."

To promote its spring collection in 2009, furniture store Habitat UK added news hashtags including one about the violent Iranian presidential election. It didn't apologize immediately, only deleted the tweet, causing more outrage until it became a huge controversy.

TORSTAR NEWS SERVICE

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft	Gold contracts
– 191.95 (13,179.75)	– 0.89¢ (103.20¢ US)	– $1.05 US ($95.15 US)	$4.288 (+ 8.3¢)	$1,549.20 (+ $7.60)

Building slowdown

Canadian home construction has been unexpectedly strong in the first half of 2011, but economists predict the robust activity isn't likely to last.

"Recent homebuilding activity suggests that builders are breaking ground sooner rather than later to beat out interest rate hikes," wrote economist Sonya Gulati at TD Economics. "Over the 2012-13 period, we are calling for a moderate correction in both resale activity and home prices across the country."

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JESSICA NAPIER
METRO

There is just something about the heat that wreaks havoc on our hormones. Long, temperate nights and a general lack of clothing can cause perfectly logical individuals to develop an instantaneous infatuation with one another. And, thus, a summer romance is born.

Adorable new couples become high on the potential of what could be without one rational thought towards what will happen come fall. Life becomes a movie montage of adorable date activities: Tandem bicycling in the park, picnics on the beach, sunset walks, fireworks under the stars.

But all of this fun-in-the-sun frolicking can't last forever. Don't kid yourself; your love is not a Nicholas Sparks novel.

The summer romance, like its cousin, the vacation romance, has a built-in expiry date. Like a pair of white jeans, the relationship is best enjoyed before Labour Day.

"Manage your expectations and proceed with caution. With every foray into summer love comes a bittersweet sensation of wanting it to last forever, but knowing it never will."

Oh sure, you might have convinced yourself this is the real deal, but more often than not that sizzle burns out as soon as the temperature starts to drop. Very few trysts translate into long-term relationships. Once the easy, breezy days of summer are over, integrating each other into your real (read: Not so carefree) lives can be problematic. Just look at what Sandy and Danny went through when they brought their summer lovin' back to school in Grease.

A fling, by its very nature, means you will be flung to the curb at some point. One minute you're handholding in matching khakis like a smug J. Crew catalogue couple and the next, you're packing up your summer wardrobe and wondering why you ever thought it could last.

Ultimately, it's best to keep these sun-soaked romances as casual as the beachwear in which they began. Manage your expectations and proceed with caution. With every foray into summer love comes a bittersweet sensation of wanting it to last forever, but knowing it never will.

When September arrives and reality is restored, you're sure to feel a little melancholy over the demise of your doomed-from-the-start romance. In the days following those tearful goodbyes it's important to remind yourself that you aren't really mourning the loss of some great love, but the feeling of endless summer and the possibility of what could have been.

And as your tan lines start to fade, so will your heartbreak. You will come to realize that the beauty of summer romances is that they are fleeting; as short and sweet as the season itself.

Read more of Jessica Napier's columns at metronews.ca/shesays

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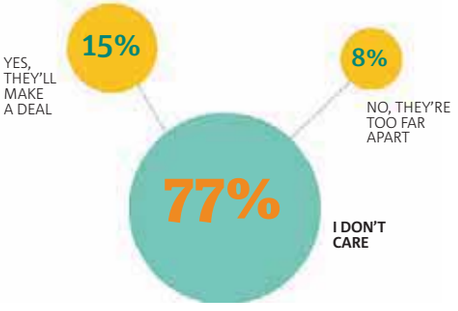

Local tweets

- **@shawmicallef:** I watched Jarvis during the morning rush. Civilized and fine. No Crisis. The $$$ to kill the bike lanes is for #TOcouncil to set on fire.
- **@jswike:** If @TOMayorFord really wants to save $ he'd have thought twice about cancelling the vehicle registration fee or removal of Jarvis bike lanes
- **@smartssa:** I hereby authorize large thunderstorms and power outages in the downtown core. #chaos #fun #weather
- **@doncharllione:** It's 7/11 today and that means Free Slushies at 711!!! All dayyyy
- **@smirkszmilian:** Ppl whylin bout free slushies. You know how small the cup is. It's the same every year
- **@realstkitts:** Went to seven eleven and they were out of free slushies ... Bent
- **@mrletmeknow:** It is a scorcher today! Drunk off this heat #toronto
- **@rramos76:** Excited that #Toronto will be front stage centre at tonight's #HomeRunDerby. Getting those similar vibes as 2000 slam dunk contest #bluejays

Worth mentioning

MADRID, Spain. Doctors in Spain have carried out the world's first double leg transplant, giving new lower limbs to a patient who lost both legs at mid-thigh in an accident, officials said yesterday.

The Valencia regional government said the surgical team was led by Dr. Pedro Cavadas, who, in 2009, carried out Spain's first face transplant — the first anywhere to include a new tongue and jaw.

The government statement said the operation at La Fe Hospital in Valencia was extremely complex and Cavadas will wait at least 48 hours to release more information.

"Today we can say a landmark has been reached," said Dr. Rafael Matesanz, director of the National Transplant Organization. Another official at the organization, speaking on condition of anonymity, would not give details as to how the patient is doing, other than to say if the limbs are rejected this will happen more or less immediately. He added it will be a month or so before doctors know how successful the surgery has been.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder

WEIRD NEWS

Stork was lucky to get off the ground

A Texas mom expected a big baby, but nothing like this: 16 pounds, 1 ounce (7.3 kilograms).

Janet Johnson remained in an East Texas hospital yesterday after giving birth to what her doctors called one of the biggest newborns they have ever seen. She was awaiting word from the state to see whether her son, JaMichael Brown, ranked among the biggest births in Texas history.

JaMichael was born Friday at Good Shepherd Medical Center in Longview, Texas. Johnson has gestational diabetes, which results in bigger newborns for many mothers. Yet doctors had estimated JaMichael would be around 12 pounds (5.5 kilograms) prior to the caesarean birth.

Johnson hopes to take JaMichael home this week — and return his newborn clothes that won't fit. THE ASSOCIATED PRESS

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2 scene

Sheryl Crow

Singer Sheryl Crow is being criticized by a U.S. animal rights group Showing Animals Respect and Kindness for planning to donate concert proceeds to the wild-horse protection group Cloud Foundation.

THE ASSOCIATED PRESS

France inducts U.S. entertainer Liza Minnelli into the elite Legion of Honour Society

HANDOUT

▶ Pooh Bear and his friends will make a come back to the big screen with the feature film The Hundred Acre Woods

Pooh's chance to shine

Veteran Disney animator, Burny Mattinson, shares his adventures with the infamous Walt Disney ◐ New Winnie the Pooh flick brings Mattinson's old toy to life on the big screen

RICHARD CROUSE
SCENE@METRONEWS.CA

For most people, Walt Disney is a brand name, or a flickering black-and-white image best remembered for hosting the Disneyland series throughout the 1960s. But for animator Burny Mattinson he was a real living, breathing person.

"I first met him as a traffic boy when I first came to the studio," said Mattinson, a Disney employee since 1953. "I was in the elevator and he stepped in. I said, 'Good morning Mr. Disney.' He looked at me with a cocked eyebrow and said, 'It's Walt, son.' That was my first adventure with him."

Mattinson had many adventures in the studio, including working on Aladdin, Beauty & the Beast and the original Winnie the Pooh shorts in 1964 and '74. Those shorts were wildly popular, but were originally planned as a feature film. Mattinson remembers watching the rough cut of the film with Disney.

"He came out afterwards and said, 'You know, I think we should cut our losses. I don't think audiences are going to like this kind of humour. It's too mild. Let's put it out as a featurette.' So we cut it to 20 minutes and lost a lot of footage. We put it out as Winnie the Pooh and the Honey Tree and it did very well, and Walt said, 'Well we have the rest of this footage, let's put it out as A Blustery Day. Which we did and it won an Academy Award the following year."

▶ Burny Mattinson

Recently Mattinson's career came full circle when he was approached to help relaunch the Pooh Bear and his friends from the Hundred Acre Woods. The result is Winnie the Pooh, a movie Mattinson says, "is kind of like visiting an old friendly family you've grown up with."

Mattinson has another family connection to the film. The movie's opening moments are live action, featuring a Winnie the Pooh stuffed doll his wife made in 1964. It was set to be used in the 1964 movie, but when it wasn't he gave it to his children.

"My kids played with it," he says, "and their kids played with it. It's kind of raggedy; it's gotten a lot of patina of age on it but then when the bosses said they were going to shoot a new live action opening I brought it in and showed it to them and they said, 'Yes! That's it.' It's finally gotten its chance."

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The Lincoln Lawyer
Genre: Thriller
Director: Brad Furman
Stars: Matthew McConaughey, Ryan Phillippe, William H. Macy

Based on the sinewy yarn of the same name by crime novelist Michael Connelly, The Lincoln Lawyer is a crackling good thriller from director Brad Furman (The Take) and screenwriter John Romano (TV's Hill Street Blues and L.A. Law). Matthew McConaughey is bottom-feeding attorney Mick Haller, who tools around L.A. in a chauffered Lincoln that bears the license plate NTGUILTY. With his shades up and his ethics down, Haller trades his considerable courtroom skills for fast cash. If they've got the green, he's got the smoke machine, whether his clients are bikers or bankers.

When Haller hears Beverly Hills playboy Louis Roulet (Ryan Phillippe) is accused of beating and attempting to murder a woman he met in a bar, the lawyer senses a fast windfall. Roulet's alibi is sound and his mama has a big checkbook. After Haller does some sleuthing, aided by his shaggy sidekick, Frank, (William H. Macy in a fine cameo), disturbing evidence and possible corruption of justice turn up, and Haller's long-dormant conscience begins to kick in.

Pride and the law require Haller to give Roulet the best defence he can, even if he must hold his nose to do so.

It's a solid return to dramatic form for the talented McConaughey, who holds the spotlight in a film with so much else going for it.

PETER HOWELL

Insidious
Genre: Horror
Director: James Wan
Stars: Patrick Wilson, Rose Byrne, Ty Simpkins, Lin Shaye

Director James Wan and screenwriter Leigh Whannell (of Saw fame) reinvent the wail with this horror film that plays like a clearance sale at spook central casting.

Patrick Wilson and Rose Byrne are Josh and Renai, parents of three children and owners of a new house. They've barely moved into the place when stupid poltergeist tricks leave no boo unbidden — spirits, demons, ogres and Internet trolls are all trotted out. About the same time, Josh and Renai's 10-year-old son, Dalton, (Ty Simpkins) falls into a coma. It's no surprise that medical scans and pokes reveal nothing unusual about his health.

Things get worse when the family opts for a fresh start in another new house. Surprise! The spooks just follow them there. Time to call the exorcist! Played by Lin Shaye, the film's secret weapon of hilarity, she shows up with a pair of geek assistants and makes the head-slapping announcement: "It's not the house that's haunted, it's your son!"

Seems Dalton has wandered into another dimension. If he doesn't get out of there pronto, he may have to stay in that scary place forever. At this point, the haunting gets weaker, but Wan and Whannell offer a few nerdy laughs.

All in all, Insidious is a serviceable little shocker.

Extras include making-of and Horror 101 featurettes. PETER HOWELL

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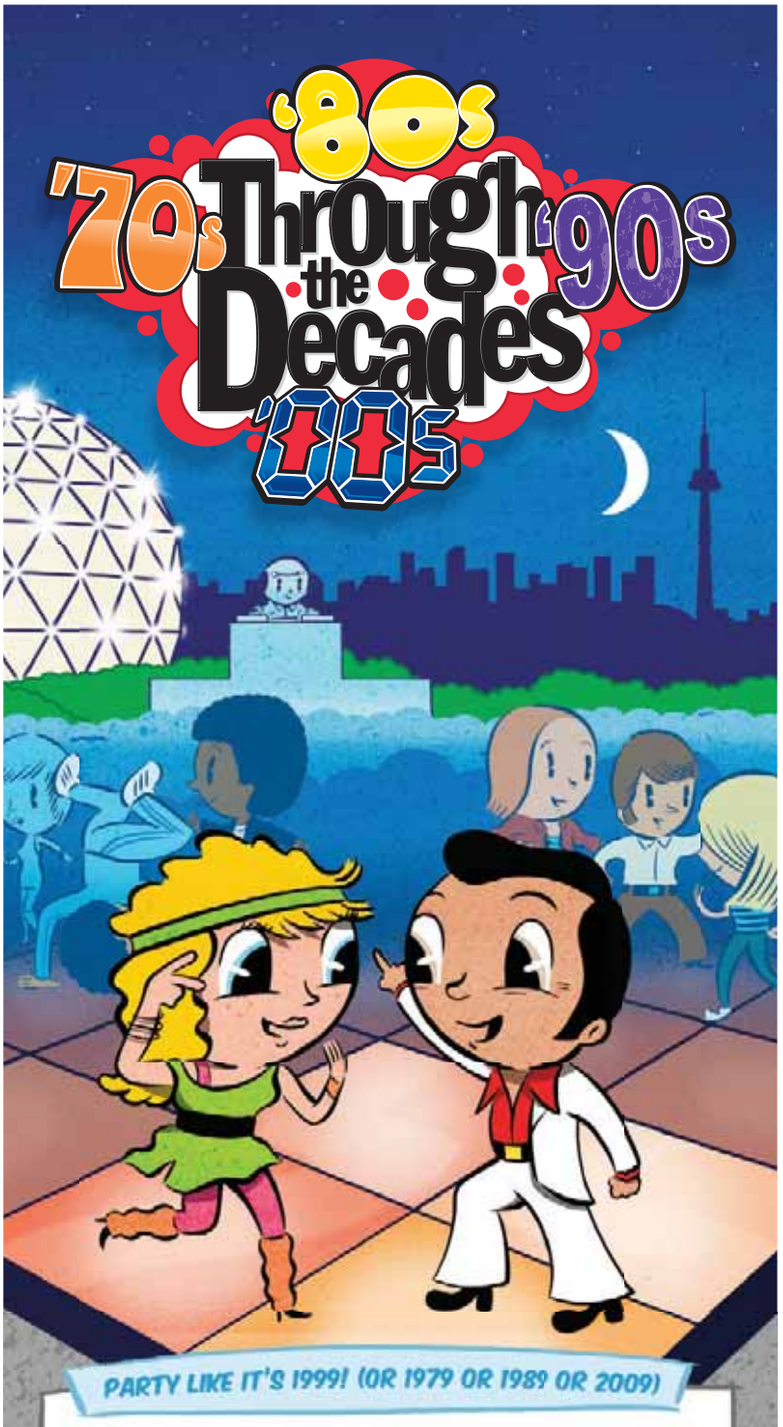

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Evil cred: The Malfoy mind

Potter actors discuss the complexities of J.K. Rowling's villains ◗ Agree they are as troubled as any character

So this is the face of evil: Ice-blue eyes, an imperious brow, the sculpted features of Lucius Malfoy, the Muggle-hating wizard supremacist and implacable foe of Harry Potter.

As Malfoy, 48-year-old actor Jason Isaacs has plumbed his character's dark heart and chilled millions of moviegoers since he appeared in Harry Potter and the Chamber of Secrets in 2002.

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"There's no character in Potter which is off the shelf. These are delicious characters to play."
ACTOR JASON ISAACS

So it comes as a surprise — it shouldn't but it does — to hear the British performer renounce evil.

There is, he says, no such thing. Even arch-villain Lord Voldemort is not so much wicked as misguided.

"No one is ever bad," said the disconcertingly genial Isaacs, in jeans and a casual shirt looking nothing like the supercilious Lucius. "Voldemort sees the way the world ought to be, in his own eyes, and is trying to make it that way."

Isaacs returns for a sixth and final time as the black-clad, blonde-haired warlock in Harry Potter and the Deathly Hallows: Part 2, the last film in the magical saga, which opens around the world next week.

MATT DUNHAM/THE ASSOCIATED PRESS

▶ Jason Isaacs stars in Harry Potter and the Deathly Hallows: Part 2, which premieres in London this Thursday.

The film reunites Isaacs with Helen McCrory, 42, as his wife Narcissa Malfoy and 23-year-old Tom Felton as their son Draco, Harry's classmate and bitter rival at Hogwarts School of Witchcraft and Wizardry.

The Malfoys embody the dark side of J.K. Rowling's magical world. Staunch allies of Voldemort, they uphold what they see as the purity of wizard ways and wizard blood against the influence of ordinary humans, or Muggles.

Isaacs said Lucius speaks "the language of separation, the language of racism, the language of eugenics."

"You don't need to look very far in Europe nowadays to see politicians nowadays standing on those platforms and seemingly reasonably gathering an awful lot of followers and votes," he said. "And you don't need to go too far in America, either."

Such real-life complexities have helped make Rowling's books worldwide bestsellers, with 450 million copies sold - and enriched the experience of the movies' cast, which includes a roster of distinguished British actors.

"All her characters are rounded," Isaacs said. "They all have destinies they are struggling with or bonds that they're breaking or internal challenges. There's no character in Potter which is off the shelf. These are delicious characters to play."

"Normally it's more interesting to play the bad guy because it's usually better written," said McCrory, who will be appearing soon in Martin Scorsese's film Hugo Cabret. "Good is seen in a lot of drama today as a very, very dull thing."

She says Rowling's stories are rare in that "goodness is seen with the same complexity as badness."
THE ASSOCIATED PRESS

A mean resumé

Jason Isaacs and Helen McCrory, who play Lucius and Narcissa Malfoy in the Potter series, have a history of playing bad guys:

- Isaacs' roll call of villains ranges from Captain Hook in Peter Pan to Col. Tavington, the nasty redcoat who pursues Mel Gibson in Revolutionary War drama "The Patriot."
- McCrory is an accomplished classical actress whose stage roles have included a chilling Lady Macbeth.

'Nerds and geeks are in charge'

Doc series puts a modern and heightened level of fandom on display

When Toronto-based filmmaker Michael McNamara was young, he collected comic books and vinyl records, built model airplanes, and watched horror movies on Saturdays. He was as steeped in his favourite subcultures as one could be at the time.

"There was really no kind of way to get immersed in (fandom) the way there is today," the now 55-year-old said in a recent phone interview.

"Kids who get into it now aren't just interested in collecting things - they're interested in collecting experiences and becoming parts of the community."

As McNamara's new documentary series, Fanboy Confessional, shows, many adults are also taking their fantastical interests to the next level through conventions, intense role playing and laborious costume making.

Debuting Wednesday on Space (at 10 p.m. ET, with back-to-back episodes), the six-episode series profiles participants of various interactive subcultures, from LARPing (live action role playing) and real-life super heroes, to Steampunk enthusiasts and furry fandom lovers.
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It's a boy! Kate welcomes new addition to family

Hudson and fiancé blessed with 'healthy' baby

Kate Hudson is a mother for the second time, having given birth to a "healthy baby boy" over the weekend, according to Us Weekly.

Hudson also has a seven-year-old son, Ryder, with ex-husband Chris Robinson.

Hudson claimed she and fiancé Matt Bellamy didn't know the sex of the baby before it was born, though in April Hudson had told Entertainment Tonight she'd used a "pendulum test" to predict that the baby would be a girl.

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GETTY IMAGES

▶ Kate Hudson

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3 life

Dealing with those stressful summers

Those middle months are full of change and not everybody knows how to understand the pressures Metro speaks with an expert to get tips on how to deal with instability in life

CELIA MILNE
LIFE@METRONEWS.CA

Not everyone loves the lazy days of summer.

Early July is a time for change: School is over, holidays are upon us, routines are disrupted. Some people have difficulty dealing with the loss of structured time that keeps them feeling safe throughout the year.

Learning how to deal with change is all about having a strong self-image, says Dr. Albert de Goias, a Toronto-based counselor on mood and behavioural disorders. He has recently launched a website dedicated to understanding and dealing with change (go to understandingchange.org).

"Build a powerful and stable sense of self so that you can approach stress, disruption, or even stagnancy with a sense of creativity, purpose, and self-respect," he says.

If you define yourself by your money, possessions, clothes, appearance or status, chances are, you won't be strong when any of these things are taken away, he believes.

When change occurs or boredom sets in, some people deal with it by dwelling on problems, feeling victimized, becoming overwhelmed and turning to alcohol and drugs.

"Emotional angst is part of life," says de Goias. "It does not have to proceed to depression and addiction if we realize that it comes whenever we have a situation we feel is beyond us or when we feel lost. It can be 'blocked at the pass' simply by knowing how to see our stresses as stimulants to personal growth."

His advice? "Be a tourist in your own town," he says. "Do cultural things, explore life with the curiosity of a child. Understand change as the energy that drives life, and realize there is no such thing as stability."

Tips

Resilient people are better able to deal with change and disruption than non-resilient people. Here are some tips adapted from the Mayo Clinic on becoming more resilient:

- **Get connected:** Build supportive relationships with family and friends
- **Find meaning in your life:** Develop a sense of purpose beyond appearances
- **Laugh:** Find humour, even in stressful situations
- **Maintain perspective:** Write down your worries and see if they are rational

ISTOCK PHOTOS

▶ Not everybody is able to kick back and relax during the summer months.

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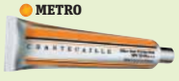

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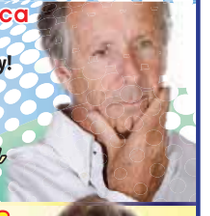

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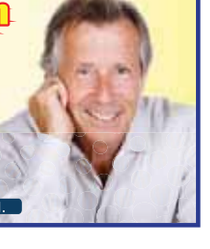

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Getting kids active earlier

British government calling for child health programs

FILE PHOTO/TORSTAR NEWS SERVICE

In a new campaign against obesity, the British government issued guidelines on Monday saying that children under the age of five — including those who can't even walk yet — should exercise every day.

In its first such guidelines for children that young, the health department said kids under five who can walk should be physically active for at least three hours a day. Officials also said parents should reduce the amount of time such kids spend being sedentary while watching television or being strapped in a stroller.

The three hours of activity should be spread throughout the day. Officials said the children's daily dose of exercise is likely to be met simply through playing but could also include activities such as walking to school.

For babies who can't walk yet, the government said physical activity should be encouraged from birth, including infants playing on their stomachs or having swimming sessions with their parents. The government said children's individual physical and mental abilities should be considered when interpreting the advice.

"It's vital that parents introduce children to fun and physically active pastimes to help prevent them becoming obese children, who are likely to become obese adults at risk of heart disease, diabetes and some cancers," Maura Gillespie, head of policy and advocacy at the British Heart Foundation.

THE ASSOCIATED PRESS

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Big Daddy's, small tastes

This New Orleans-Creole eatery does some things right, others need work

LUNCH RUSH

STEPHANIE DICKISON
FOOD@METRONEWS.CA

From now through to July 24, 150 Toronto restaurants are participating in Summerlicious, offering three-course prix fixe menus. Some believe it's a heck of a deal, others say you get what you pay for.

I chose Big Daddy's Bourbon Street Bistro & Oyster Bar ($15 for lunch).

Big Daddy's
212 King St. W.
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bigdaddys.ca
Reservations: Yes
Social lunch: Yes
Licensed: Yes
Rating: 2.5 out of 5

STEPHANIE DICKISON

▶ Clam Chowder and Popcorn Shrimp from Big Daddy's.

New Orleans and Creole food is a favourite of mine, but rarely is it done right — or well. But, the tender, plump seafood in the Clam Chowder (complete with oyster crackers) and Popcorn Shrimp has me thinking otherwise. The Coconut Chicken Spinach Salad is confusing. Why are there toothpicks inside our chicken strips? More importantly, why weren't we warned?

And while the Bronzed Chicken Sandwich comes on warm, grilled cheddar jalapeno bread, the chicken is tasteless. The fries and coleslaw however, are scrumptious. Skip the Molten Brownie and Apple Crumble unless you love tooth-aching sweets.

I'll be back for the chowder. And maybe I'll discover another gem.

THE CANADIAN PRESS H/O

Strawberry Shake

Whirl some wonderful local strawberries with ice cream for a great shake.

If you have a blender, throw the berries in with some milk and ice cream and you have a splendid hot day drink that will give you a boost of energy.

Preparation:

1. Place all ingredients into blender container. Process until smooth. Pour into tall glasses and serve. **THE CANADIAN PRESS/ OSTER**

Ingredients:

- 250 ml (1 cup) milk
- 500 ml (2 cups) strawberry ice cream
- 250 ml (1 cup) ripe strawberries with stems removed

Lamb burger goes classy

Adding creamy brie and baby arugula gives this burger a posh twist

Preparation:

1. Preheat grill. Then in a mixing bowl, combine ingredients for patties. Prepare 6 patties; set aside. Halve ciabatta crosswise to get 6 burger-size buns; slice open.
2. On the grill, quickly brown each side of the patties and cook for an extra 5 to 6 minutes. Meanwhile, butter inside of buns and grill until golden.
3. In bowl, combine dressing ingredients.
4. Set patties on absorbent paper, then assemble with slices of brie, arugula and dressing. **THE CANADIAN PRESS/ DAIRY FARMERS OF CANADA**

Ingredients:

Patties
- 500 g (1 lb) ground lamb
- 30 ml (2 tbsp) Dijon
- 1 egg
- 1 small onion, chopped
- fresh mint, chopped
- Salt and milled pepper

Dressing
- 50 ml (1/4 cup) mayo
- 50 ml (1/4 cup) sour cream
- 45 ml (3 tbsp) chopped chives
- Hot sauce, to taste
- Salt and milled pepper

Trimmings
- 3 ciabatta loaves
- Butter, for buns
- 500 ml (2 cups) baby arugula
- 12 slices brie

THE CANADIAN PRESS H/O

▶ This recipe makes six servings.

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FIDO DOESN'T NEED COSTUMES

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

Is Fido busting your budget? The costs of pet ownership can add up; veterinary bills, food, toys and other paraphernalia. Stop buying tutus for your feline and focus on providing for your pet's needs while saving money.

When it comes to food, consult your vet on what's most nourishing and frugal. Trendy expensive food doesn't always translate into nutrition, so research a variety of brands and compare prices. You can save a bundle by buying in bulk and using manufacturer, store or online group coupons. If you belong to a loyalty program at your local grocery store, cash in your points for pet food.

Avoid expensive grooming by washing your own pet, brushing its teeth and hair and cleaning its ears. Special shampoos, nail clippers, tooth and hair brushes can be purchased at any pet store. When you take your animal in for a haircut, trim it short.

Proactively manage your animal's health-care costs by not postponing regular visits to the vet. Regular checkups and appropriate shots will help keep your pet healthy and prevent serious illness. One of the best ways to reduce health-care costs is to ensure your pet receives ample exercise.

Spend wisely and enjoy the inexpensive love and fulfillment pet ownership can bring.

Top 5 home spa ideas

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Wrap me in seaweed, scour me head to food, slap hot rocks on my back and I am in heaven.

If you haven't guessed, I'm a spa devotee. Happily, I have an esthetician in the family so I get to wallow in mud at a discounted price.

For those not so lucky and eager to save a few bucks, my daughter Claudia, the esthetician, offers some inexpensive but effective at-home treatments.

Here are her top five home spa ideas:

Bath Soak: Combine two tablespoons of Epsom salts with 10 drops of a favourite essential oil — lavender relaxes you, peppermint and eucalyptus are uplifting and help with sinus clearing, geranium is a mood balancer.

Lip Treatment: Using a soft toothbrush, gently scrub lips in a circular motion for one to two minutes — I did it for one, which was plenty. Apply organic honey and leave on as long as possible.

(I advise lying down for this one or the honey dribbles down your chin an onto your shirt — keep fingers handy for mopping and licking.)

Body Scrub: Use three to four tablespoons of brown sugar depending on amount of coverage needed.

Mix in olive oil but don't let it get runny. Add two to three drops of vanilla to scent. Scrub away and shower off.

ISTOCK

▶ Money too tight for a spa day? Get a great home experience with a few expert tips.

Deep conditioning for hair: Take a small jar or a cup of mayonnaise and half a ripe avocado. Mash the avocado in a bowl and mix in mayo thoroughly. Rub into hair. Put on a shower cap and let sit 20 minutes. Rinse.

This is great to do while you are soaking in the bath. Rinse your hair in the tub water and you'll really gross out your kids.

Face Mask: This is good for exfoliating and unclogging pores. Mix oatmeal and water together until a paste forms. Apply to your face and leave on until dry. Scrub off over the sink and rinse.

Easy. Cheap. And, I have to admit, kind of fun.

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POPQUIZ

I keep reading news about a slowdown in the US economy – should I sell my investments?

A: Money in America? Is that an oxymoron?

B: You should invest! You can't get the ups without going through the downs.

FIND TIPS & TRICKS in Allan Small's Investment Perspectives Column: *Negative news provides a drag on the market.*

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GET READY TO ACE THAT INTERVIEW

CHARLES THE BUTLER

ASKCHARLESTHEBUTLER@METRONEWS.CA

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Dear Charles:
I am about to embark on the most important interview of my business career and was wondering if you could provide some helpful tips for a successful interview.
Shaking In My Boots

ISTOCK

▶ Remember to bring multiple copies of your resumé with you to any job interview.

Dear Shaking In My Boots:

Congratulations on your upcoming interview! What a great opportunity. While each interview is always different — corporate culture and individual interview style play a big part — below are some tools I have used successfully.

1. Have a professional-looking resumé and bring multiple copies with you. You may be asked to meet with several people or in front of a group of people. If this is the case, present each person at the table with a copy of your resumé.

2. Be ready to listen. Often, when we get nervous, we don't pay attention to what others are saying.

Always focus on the person speaking, listen carefully and let them complete their question or statement. Only then should you respond.

3. When answering questions make sure to give examples.

Never answer a question like "Tell me about your keyboarding skills?" by simply saying, "They're great."

Instead, demonstrate your skill level with good examples — "I can type 100 words a minute — with no errors. In fact, I used to prepare the management team's weekly reports. They included confidential subject matter that was for management's eyes only."

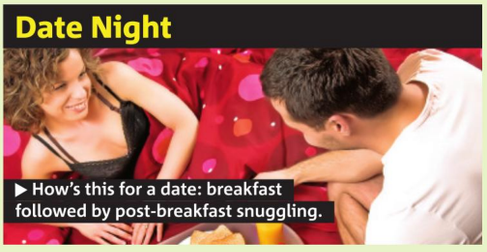
4. Dress appropriately. To do so, know the culture of the company you are interviewing for. If you are going to an interview at a conservative mutual fund company, dress in a suit and tie.

If you are interviewing for a hip and cool guerrilla-marketing firm, dress in a professional manner that is consistent with the culture of the firm.

Remember, if you dress correctly you will feel comfortable and feeling comfortable will help you to interview successfully!

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

Date Night



▶ How's this for a date: breakfast followed by post-breakfast snuggling.

Ideas for your next date

1 Light my fire
Prepare a nice meal together and savour it by the fire. Don't have a fireplace in your place? Nab a table by the hearth at your fave resto or take things outside and build a fire at a local campground.

2 Breakfast in bed
Take turns feeding each other French toast, chocolate chip pancakes and freshly squeezed orange juice for a sweet Saturday morning treat. Top it off with some even sweeter post-brekkie snuggling.

3 Have an ale of a time
Celebrate your love of ale with a trip straight to the source. Alexander Keith first brewed his famous India Pale Ale in 1820. Visit the brewmaster's stomping grounds and sample his tasty tipples on a tour of Alexander Keith's Nova Scotia Brewery in Halifax. Heavy Seas Beer in Baltimore offers tours, a pirate-themed Bacon & Beer Fest, and more.

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Travel Aug 7/pd — + taxes & fees $69

London $109
Travel Sep 7 - Sep 15/ts — + taxes & fees $522

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Paris $129
Travel Jul 16 - Jul 25/wg — + taxes & fees $474

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Europe

London Air + First 2 Nights $269
Royal National — + taxes & fees $522
INCLUDES central accom and breakfast near attractions. Departs Sep 7/vat/ts. ADD hop-on, hop-off tour for $43.

Rome Air + First 2 Nights $479
San Valentino — + taxes & fees $429
INCLUDES central accom. Departs Sep 1/thn/ts. ADD cooking lesson and walking tour for $103.

Stockholm Air + First 3 Nights $799
Gustav Vasa — + taxes & fees $502
INCLUDES accom near sights and attractions. Departs Sep 18/ggv/af. UPGRADE to 4-star Freys for $57 per night.

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Departs Jul 15/vat/ts.

USA

Las Vegas
Air + 4 Nights
$235
Imperial Palace — + taxes & fees $307
INCLUDES accom on the Strip. Departs Jul 24/swg/wg. UPGRADE to 4-star Luxor for $15 per night. ADD Vegas Passport Bachelor/Bachelorette Party pass for $76.

New York City Air + 3 Nights $519
Days Hotel Broadway — + taxes & fees $103
INCLUDES Manhattan accom. Departs Aug 14, 21, 28/ggv/dl. ADD theatre tickets to *Chicago, Billy Elliott, Mary Poppins* or *Memphis* for $143.

New Orleans Air + 4 Nights 4-Star $559
Sheraton New Orleans — + taxes & fees $126
INCLUDES accom near sight and attractions. Departs Aug 14, 18, 22, 28/ggv/aa. ADD evening jazz cruise for $62.

Hawai'i Air + 7 Nights $869
Park Shore Waikiki — + taxes & fees $150
INCLUDES Waikiki accom across the street from the beach. Departs Sep 28/wsv/ws. ADD Ali'I Kai Sunset Dinner Sail for $88.

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HALTING A HOLIDAY

WORKPLACE LAW

DANIEL LUBLIN
DAN@TORONTO-EMPLOYMENTLAWYER.COM
TWITTER: @DANLUBLIN

About to leave on a much-needed vacation, Lerae Bigelow thought she had made plans for just about everything. But when her boss demanded that she cancel her trip at the last minute, she realized there was one contingency she had overlooked — her own dismissal.

As a supervisor for the Alberta-based oilfields service company T.C. Mobile Vessels Ltd., Bigelow thought she had complied with the usual vacation protocol: She notified her boss that she was attending a family reunion at the end of August and spoke to him again one week before her trip to ensure everything was in order.

However, on the day of her departure, her boss called from out of town demanding that she change her plans and work that night. Bigelow explained that she had scheduled a vacation and it was too late to reschedule. Thinking he was entitled to issue the directive and that Bigelow would have to obey, her boss got upset when she refused to take the shift. He later called her demanding that she return her equipment to the company.

When she returned from vacation, Bigelow received a text message from her boss confirming that she had been dismissed. Although he later testified that he would have considered rehiring Bigelow had she returned his calls, Bigelow was not interested in returning.

Since Bigelow was not paid any severance, she sued T.C. Mobile. Recently she won her case. In declining to change her vacation plans, Bigelow had disobeyed a direct order from the boss. However, it was an order that was unreasonable, and it was the first time Bigelow had done so, the court ruled.

The court noted that "although an employer is entitled to request that an employee re-book vacation to accommodate its requirements, the employer must be reasonable." Here, the request was made at the last minute and after Bigelow had already obtained approval.

Vacations are important benefits and, once approved, should be not interfered with, unless there is a very good reason. **DANIEL LUBLIN IS AN EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN LLP.**

See you in Couponing 101

The women sat expectantly as Monica Knight told them she once routinely spent $600 US a month on groceries for her family of four. Breaking into a broad smile, Knight says that figure has been reduced to only $100 to $150 a month.

Now the dental hygienist and mother of two is about to tell them her secret.

The women lean forward in their seats. They're the latest disciples of extreme couponing; women who carry pictures of their overflowing pantries on their cellphones; savvy shoppers and homemakers who have pinched pennies to put food on the table during the recession and need the extra help.

Most have watched the television series Extreme Couponing, which debuted on TLC in April and follows shoppers whose intense devotion to finding bargains can whittle a $555.44 grocery store bill down to $5.97, to cite one example.

▶ In this recent photo a group of about 20 women attend a class on extreme coupon cutting in Boise, Idaho.

No copies!

- Coupon-cutting experts warn against photocopying coupons, which can place stores on alert and ruin deals for everyone.

Heather Border, a 36-year-old mother of four in rural Idaho, is a new to the extreme coupon phenomenon. She was among about 20 women who attended an extreme coupon class on a recent Saturday in Boise. The three-hour course was taught by Knight and her business partner, Cathy Yoder. They own the extreme couponing blog, Fabulessly Frugal. They instruct their students to be kind to their cashiers. They encourage them to stockpile food to help their families, but caution against "hoarding" or clearing shelves of items that their families don't need or won't use.

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Keep those pages turning

Encouraging youngsters to read books during the summer will keep them sharp and ready come fall

ISTOCK

Still have fond memories of reading your young summers away? Pass those feelings on to your children.

Summertime is so beautiful — filled with outdoor sports, full pink roses, warm afternoons and cool evenings. Just thinking about the summer months makes many school–aged children happy. You may remember having at least a few lazy days of summer during which you actually had the time to grab a book, relax, and read outside for a while.

The Johns Hopkins University Center for Summer Learning says that "research demonstrates that all students experience significant learning losses in procedural and factual knowledge during the summer months". However, reading four or five books can actually enhance reading ability in an elementary school child, and instead of finishing the summer with a learning deficit, your child can finish the summer with gains, and go into the new school year with better reading and writing skills.

"Research demonstrates that all students experience significant learning losses... during the summer months"
THE JOHN HOPKINS UNIVERSITY CENTRE FOR SUMMER LEARNING

How can you help your child this summer and prevent a learning loss? First, think about your own likes and dislikes. If someone told you to read Crime and Punishment by Dostoevsky over the summer, unless you are an aficionado of Russian novels, you may just put it off. Your child is no different. If you like to read lighter books in the summer, your child may just have the same feeling. That's perfectly okay.

Children should read what they like to read over the summer, because it is more likely that they will read more after having discovered the joy of reading. Allow your child to experience the wonder of reading a fantasy or science fiction story, or the thrill of feeling as if he or she is at a revolutionary war battle — or on a pirate ship. Some children may like non–fiction, even during the summer, and may want to read about the universe, science, or even about travels or foods in foreign lands. Like you, they just might turn into an adult with fond memories of reading outside during the summer.

With young preschoolers, make time during the summer for reading aloud. It's important to begin reading aloud to your child as soon as possible, because this helps to develop a sense for the rhythm and pattern of language. Kumon Math and Reading Centres offer these tips for reading with preschoolers:

- Read as often as you and your child can, and prepare for reading aloud by previewing the books you intend to read together.
- The art of listening is acquired, and so it must be taught and cultivated gradually — if you have ever had your child run away during the middle of a page, you already know about this. Read slowly enough for your child to build mental pictures of what he or she has just heard.
- Vary the subject matter and length of the books you read. Reading above your child's reading level on occasion can motivate a child's love of learning and helps to build vocabulary.
- If chapters are too long for one reading session, find a stopping point that generates a little suspense.
- Some children may find it difficult to sit and listen. Paper, crayons, and pencils allow them to keep their hands busy while listening.
- Talk about what you are reading. Foster your child's curiosity and answer questions to make the entire process more enjoyable. Questions are a great way to check comprehension. And don't be afraid to add your own personality to the story. It's okay to make fun of pictures, or talk about words that sound silly.

Reading aloud will increase your child's motivation to read, and will help your child to build pre–reading skills necessary for later years. Summer reading can be fun, but it can also be one of the best investments you make in the future of your child.

NEWS CANADA

Reading resource

- For more educational tips and hints to help your child make the most of their learning experience, visit facebook.com/kumon.
- To learn more about Kumon's reading program, visit kumon.ca.

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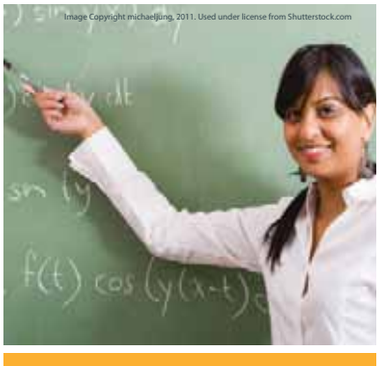

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BANANA STOCK/THINKSTOCK

HOW STUDENTS STAND OUT ON A CORPORATE TOUR

FIRST IMPRESSIONS MATTER, EXPERT SAYS

CHELSEA NEWTON
TALENTEGG.CA

University and college career centres are trying to create new engagement with students and help prepare them for careers after school.

One new activity I've seen is career centres are organizing corporate tours to build relationships with relevant companies.

A short office tour and information session is organized where students can talk to management and new hires to understand what a career at each company would look like.

I recently participated in one of these from a corporate standpoint and have some tips for students.

The students arrived looking dashing and professionally attired to make a good impression.

Knowing what to wear is always a challenge for students, so here are some tips if you are unsure: I would recommend students wear business formal if it a professional setting (e.g., accounting, engineering, etc.), while business casual is more appropriate for more marketing-oriented companies. Never jeans though! If you aren't sure, always take the more formal approach and wear business formal.

We started the introduction asking the students who had heard of our company before. I was shocked to see that only one out of 15 students put up their hand.

Would you really come into an interview without even visiting the company website and understanding their offerings, jobs, and company vision or culture? Well, these students did.

Our first impression of the students was not good, though they went on to have great questions throughout the tour. First impressions matter. I want you, the student, to show me that taking time out of my day to host you, to talk to you about the industry and give you tips for your career is important.

Corporate tours usually incorporate many different companies in one day. I don't expect every single student to have heard of us or to be interested in our career, but I would like you to respect our time in hosting you just as we are respecting yours by having a presentation and great speakers prepared.

Any time you are engaging with a potential employer, have your ducks in a row. Do your research. Visit the company website. Seek them out on Facebook and LinkedIn. Understand the basic values of the company and know why you might want to work for them.

Furthermore, I think you should always bring a resumé and ask if the employer has an online application system you can also use to apply on. Ensure you leave something behind that keeps you top of mind!

Remember, just because an interaction isn't a job interview doesn't mean it can't get you a job! First impressions count, so don't forget to spend those five minutes doing your research as any opportunity can turn into a job!

Chelsea Newton is the Director of Talent Acquisition at Mosaic Sales Solutions. Her expertise is in hiring young adults and she has built campus recruiting programs in over 12 countries around the world, including Canada, the United States, China and Russia.

TALENTEGG.CA IS CANADA'S ONLINE CAREER RESOURCE FOR STUDENTS AND RECENT GRADS.

FROM LAPTOP TO ROBOT

KIM STEELE/PHOTODISC/THINKSTOCK

GEORGE BROWN'S SIMULATION SOFTWARE ALLOWS STUDENTS TO PROGRAM AND TROUBLESHOOT IN A REALISTIC 3D ENVIRONMENT

In most cases, tinkering with an industrial robot or electronic apparatus in an airport might not be such a good idea.

But Sebastian Jocz has been able to do just that, learning to run, verify and debug ladder logic programs wherever he happened to be — in airport waiting lounges, hotel rooms, or at home — whenever he had the time.

He's a student in one of two unique online home-study courses at George Brown College that let you convert your computer into a virtual Programmable Logic Controller (PLC) or industrial robot.

That can be a handy option when you're working with expensive and dangerous equipment, says Colin Simpson, dean of the school's Centre for Continuous Learning.

Few companies can spare the high-priced electronics or robots to let employees upgrade their skills, he says, but the college's simulation software lets students like Jocz have access to the equipment and train safely at their own pace.

The programs attract a wide variety of students from around the world, many with a skilled trade's background, such as electricians and maintenance mechanics.

For Jocz, a busy employee for a company that designs and manufactures ultraviolet water disinfection systems, it helped him find time to upgrade his skills.

An electronics engineering technician, he wanted to earn his PLC Technician certificate but couldn't commit to a traditional classroom-based course.

Using a simulator on his own computer, he says, allowed him to learn without needing to be in front of the actual equipment.

"The simulation software had excellent programming capabilities and great visual examples."

Other students, like Fabian Munoz, found the college's Robotic Technical Certificate program gave him confidence and helped him stay current in his job as an industrial electrician.

With the help of a robotics simulator, students can access a fully functioning industrial robot to program, test, and troubleshoot in a realistic 3D simulated environment.

Munoz, whose job requires him to travel, says the flexibility to work while away was invaluable.

"It gives you the complete idea on how a robot moves and even lets you play with the controls."

THE BENEFITS

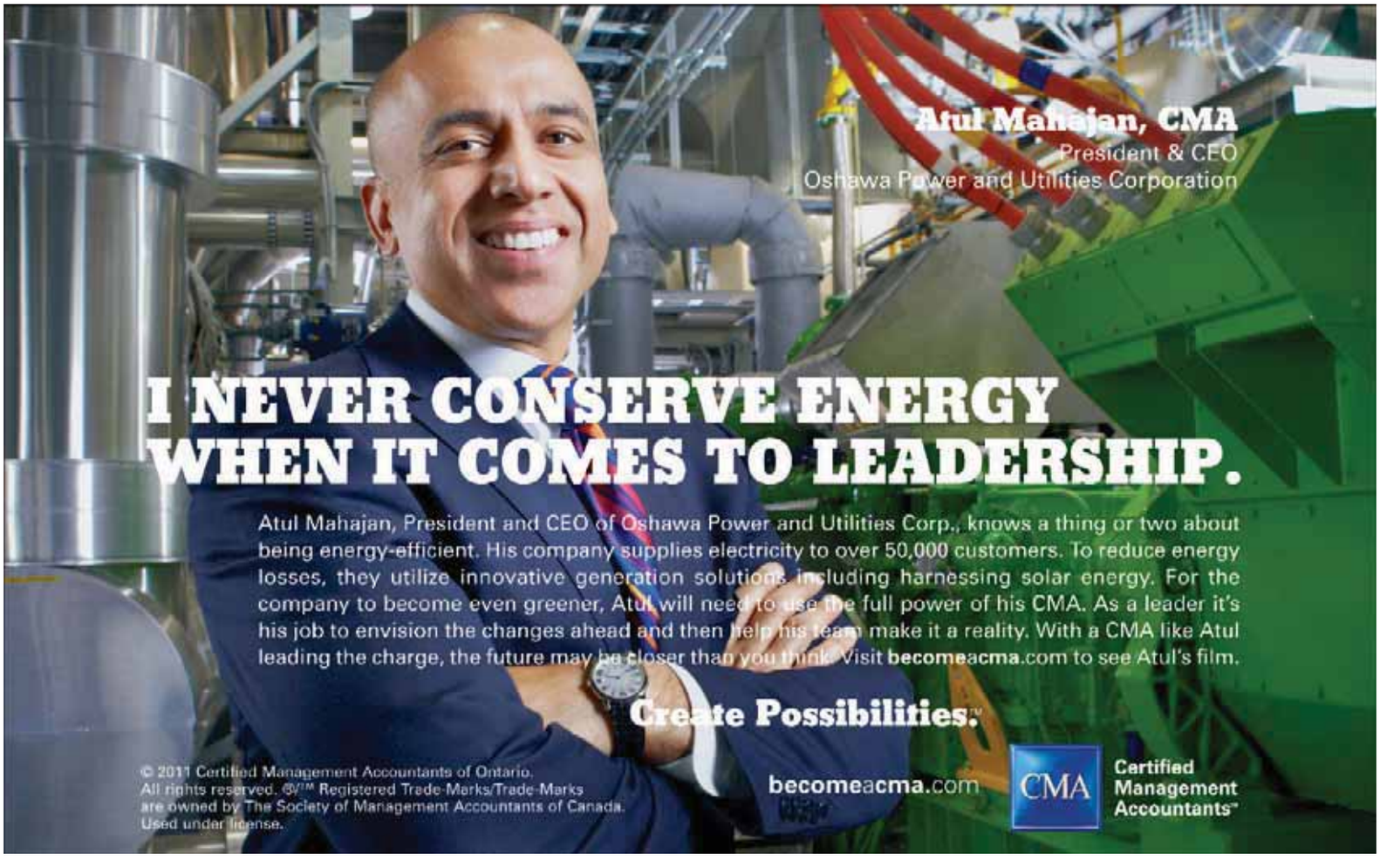
SIRI STAFFORD/LIFESIZE/THINKSTOCK

George Brown College is one of the largest distance-based educators in North America. For those with busy work and family lives, the online programs offer:

- Continuous (open) enrolment
- Pay-as-you-learn registration
- Online exams
- Telephone/email/forum-based tutorial support

The Robotics Technician Certificate Training program can be completed in about 28 weeks of part-time study, the PLC Technician Certificate in about 32 weeks. Previous electronics, PLC and/or robotics/automation experience and education may reduce that time significantly.

FOR MORE INFORMATION, VISIT ONLINEROBOTICS.COM OR PLCTECHNICIAN.COM


Atul Mahajan, CMA
President & CEO
Oshawa Power and Utilities Corporation
I NEVER CONSERVE ENERGY WHEN IT COMES TO LEADERSHIP.
Atul Mahajan, President and CEO of Oshawa Power and Utilities Corp., knows a thing or two about being energy-efficient. His company supplies electricity to over 50,000 customers. To reduce energy losses, they utilize innovative generation solutions including harnessing solar energy. For the company to become even greener, Atul will need to use the full power of his CMA. As a leader it's his job to envision the changes ahead and then help his team make it a reality. With a CMA like Atul leading the charge, the future may be closer than you think. Visit becomeacma.com to see Atul's film.
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A HIDDEN GEM

ISTOCKPHOTO/THINKSTOCK

CENTENNIAL'S ENGINEERING TECHNOLOGY AND APPLIED SCIENCE PROGRAMS UNIQUE

In at least two of its programs, Centennial College has some pretty brag-worthy numbers. For instance, its Software Systems: Design, Development and Management (SSDM) and Computer Communication Networking (CCN) programs have only approximately 70 students in them. Both courses are taught by a faculty of approximately 10 professors and 15-20 part-time instructors. The result? Some truly hands-on learning. "It's not a huge operation but it's our flagship operation in terms of prestige," says Predrag Pesikan, program chair for the Toronto-based School of Engineering Technology and Applied Science. "You can't get this anywhere else."

What Pesikan is referring to is two four-year degree programs in Applied Information Sciences that Centennial houses; both programs position themselves on a distinct learning opportunity for students. "Our biggest differentiator is that we have a unique combination of technical and business skills, which is not the focus of a lot of university programs that are out there," says Pesikan, noting the program is almost split into a 50-50 combination of business and technical skills. Last year, Centennial underwent a $1-million capital investment in retooling the school's equipment, which allows the students to keep their skills up to date. And as school dean Jag Mohan notes, keeping current is also thanks to the professors coming directly from the industry rather than academia. "It's a requirement that our professors have industry experience," says Mohan. "For our degree programs, they must have a minimum of a masters degree to teach. But more and more, we're all hiring PhDs because there is a 50 per cent component of teachers teaching in those programs who must have a PhD. So this combines the scholarly level with the hands-on elements."

And all of this means the school is ready to let the secret out about these programs. As Pesikan says, "In terms of the uniqueness we have and balancing the technical and business ends, we're a hidden gem in the academic world."

THE PATH TO SUCCESS

ISTOCKPHOTO/THINKSTOCK

When making the transition from academic life to the workplace, graduates from Centennial College's Software Systems: Design, Development and Management (SSDDM) and Computer Communication Networking (CCN) programs don't seem to have much trouble landing a job. "In our CCN alone, we have 90 per cent placement in the area of study," says Predrag Pesikan, program chair for the Toronto-based School of Engineering Technology and Applied Science. "And for the other program as well, the majority have also landed jobs in their field of study."

Why do so many graduates find jobs? Not only are Centennial's students studying in small settings, but in both programs they're involved in applying their skills and knowledge to real businesses. In the SSDDM program for example, part of the course involves students using their newfound skills to help build higher-quality software. "In the CCN course, there are internships where students are paid $550/week for 15 weeks to work in a work placement before finishing their program," says Pesikan. "So some of those experiences turn into projects, but students are also scoping projects with industry outside the co-op."

In addition to the work experience students gain, Centennial offers a bridging program from other colleges to allow students to apply their already earned knowledge. "Those who have completed a diploma with a three-year diploma can do some bridging courses and then come directly to the third year of the four-year program we have," says Jag Mohan, school dean. "So, theoretically, someone with a diploma can come to our college in a related field and get their degree in two years."

And all that knowledge and work experience comes back to Pesikan in the feedback he hears directly from employers. "Those who are hiring our graduates are telling us that our grads are well-prepared, they're good team workers, they're personable and knowledgeable, just exemplary," he says.

PUTTING SKILLS TO WORK

STOCKBYTE/THINKSTOCK

So what do these two programs at Toronto-based Centennial College prepare graduates to do?

Those completing the four-year Computer and Communication Networks programs will be eligible for positions such as project management analysts, IT program managers, technical account managers, business account managers, network administrators, network analysts or work in network support.

Meanwhile, those in the Software Systems Design program can work as software developers or engineers, systems or business analysts, web application developers, IT project managers or computer programmers/analysts.

SOME STUDENTS OPT FOR MBAS

Instead of going into the workplace, some of Centennial College's Software Systems Design graduates continue their education elsewhere. "Some students have gone on to do their master of business administration (MBA) or master of computer science partly because our degrees have at least 25 per cent of content related to management," says Jag Mohan, dean of Centennial's School of Engineering Technology and Applied Science. "So some institutions have embraced our credentials, and give the students a one-year credit to their MBA program." Participating institutions include the University of Lethbridge, the University of New Brunswick and Southern New Hampshire University.

ISTOCKPHOTO/THINKSTOCK

MOVING ON UP

ROTMAN'S BUSINESS EDGE PROGRAM TEACHES WOMEN SKILLS TO ADVANCE THEIR CAREERS

When Laura Burtan came to Canada she had high hopes.

The 30-year-old left Romania in 2008 with a set of goals and a timeframe to make a career for herself in her new country.

But after a year and a half, things weren't moving. She was still underemployed, having left behind her job as a personal banker in business banking to work as a customer service representative, and she knew she could be doing much more.

"I started to panic," she said, describing the frustration and dwindling confidence she felt. "You start to wonder, what's the point, you left a good job behind and don't seem to be going anywhere."

Then she enrolled in Business Edge, a program for internationally trained women professionals run by the Rotman School of Management, and discovered she may have been going about it all wrong. The approaches that worked back home — having a good attitude and working hard — aren't all you need to get ahead in the Canadian professional world.

There are unwritten rules that she needed to learn first, such as how to make herself visible at work, how to small talk and how to make professional presentations.

According to Sabina Michael, program manager with Rotman's Initiative for Women in Business, it's a common problem, one that Business Edge was designed to solve.

Funded by the Government of Ontario, it is a free, intensive program to help internationally trained female professionals who came to Canada in the past eight years to build professional confidence and acquire business skills to advance their careers.

"We have clients who aren't sure why they are not getting promoted," Michael says. "They are technically qualified but don't have the soft skills. You need people skills, sales, public speaking — you have to be a team player and know about managing people."

With mock interviews, lessons on resumé preparation, presentations, mentoring and job shadowing, Burtan gradually gained the knowledge and confidence to make the advances she dreamed of, and three weeks ago, she was promoted to branch operating officer with the Royal Bank.

"I am happy to see all my hard work is paying off."

ABLESTOCK/THINKSTOCK

PROGRAM DETAILS

Through teaching, coaching, and interaction with peers, participants work to develop career strategies. The program is delivered weeknights and Saturdays to allow participants to attend without taking time away from work. The next program will begin in September.

Information Sessions:
Tonight, from 6 p.m.-7 p.m.,
Rotman South, 149 College St., Room 209.

Tuesday, Aug. 16, 6 p.m.-7 p.m.,
Rotman South, 149 College St., Room 310.

TO REGISTER FOR INFORMATION SESSIONS, EMAIL BRANDY.RYAN@ROTMAN.UTORONTO.CA

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CMA'S MENTORSHIP PROGRAM HELPS THOSE EDUCATED ABROAD

ONE IN FIVE NEW CERTIFIED MANAGEMENT ACCOUNTANTS IS INTERNATIONALLY TRAINED

Dee Perera walked into the room and began to shake.

This was an important job interview and she was not prepared for what she saw: five people waiting to grill her on why she should be hired.

It was just one of the surprises she encountered as she struggled to build her career in a country that was unfamiliar to her.

Perera came to Canada from Sri Lanka 20 years ago, leaving behind her job as manager of a commercial bank, hoping to continue her career in the business world.

Like many immigrants, she was skilled technically but did not know that in Canada, there are additional skills, relationships and

BANANA STOCK/THINKSTOCK

networks required for success.

Canadians, for example, are less formal in business settings than other countries and it is not necessary to use Mr. or Mrs. when addressing colleagues.

Lengthy CVs, common in other countries, are replaced here with two-page, to-the-point resumés — and job interviews can take a variety of forms.

She knows this now, after having qualified as a Certified Management Accountant (CMA) and taking advantage of CMA Ontario's new Centre for Internationally Educated Professionals in Business.

One in five new CMAs is internationally trained, says Merv Hillier, president and CEO of CMA Ontario. "With a robust economy and vibrant multicultural community, Ontario is a magnet for talented professionals from around the world."

But sometimes those professionals need a little guidance, which is why the organization created a unique mentorship program for internationally educated professionals looking for a career in management accounting.

Among other benefits, the program matches candidates with two mentors — a Canadian-educated CMA mentor and an internationally trained one. It also provides employment assistance, language and cultural training, and speaking engagements with accomplished international professionals.

The program has assisted 300 professionals since April, says Perera, who is now a board member with CMA Ontario and a business director in the non-profit sector.

"Newcomers have many challenges when they come to a new country," she says. "I am really passionate about the IEP Centre because I know it can provide newcomers with a clear career path."

For more information, call Jim Dimovski at 416-204-3144, email iepcentre@cmaontario.org, or visit pdi-cma.com/IEP.

HOW THE CENTRE HELPS

The Centre for Internationally Educated Professionals in Business helps newcomers in a variety of ways, including:

- Lunchtime and evening networking events with accomplished CMAs;
- Speaking engagements on topics ranging from the inner workings of Toronto's financial community to business etiquette;
- A free online English language self-assessment tool, and a range of language, cultural and business training that will develop communication and technical skills;
- Employment assistance with online training materials, job boards and one-on-one to help develop and execute a successful career plan;
- The Centre is located at 70 University Ave., and is open during regular business days.

Rotman School of Management
UNIVERSITY OF TORONTO

Are you an internationally trained professional woman? Finding it difficult to advance your career in Canada?

Business Edge: A Program for Internationally Trained Women Professionals

- Workplace Effectiveness
- Language Fluency
- Career Action Planning
- Developing and Managing Critical Relationships
- Post-Program Support
- Coaching
- Influencing
- Negotiation Skills

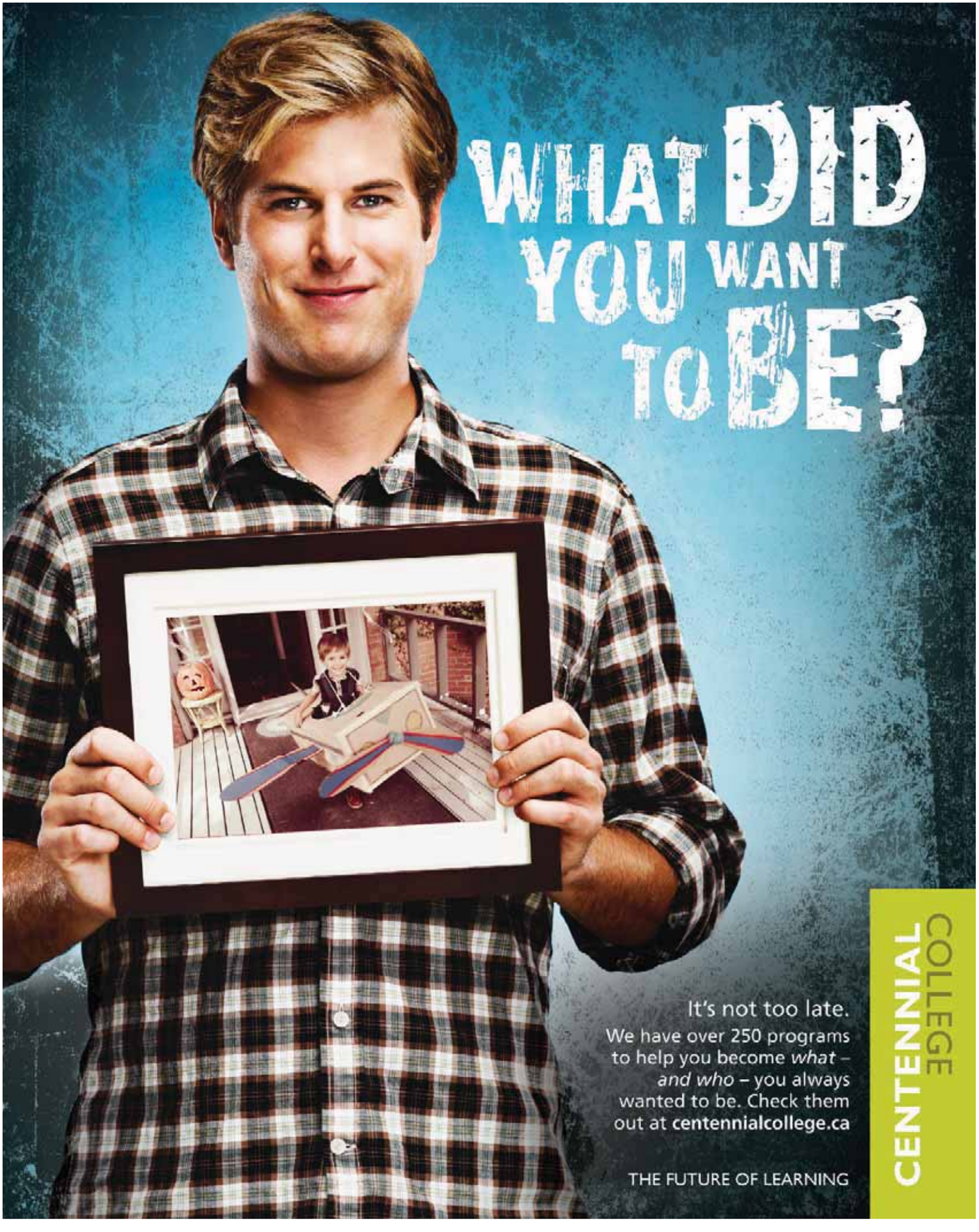
Come to a free information session TONIGHT, 6–7 pm

Location: Rotman School of Management (South Campus), 149 College St., Room 209
To register call: 416.978.7066 **www.rotmanexecutive.com/businessedge**

Initiative for Women Business Rotman

Funded by: Ontario

Ontario receives support for some skills training programs from the Government of Canada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Jury might not hear from Clemens

Former pitching star's defence continues to sift through jury pool

The lawyer for Roger Clemens gave his strongest hint yet that the former baseball star may not testify in his trial on charges of lying to U.S. Congress about using performance-enhancing drugs as he pressed potential jurors not to hold Clemens' silence against him.

Several members of the jury pool under selection in Washington federal court said they would weigh evidence from both sides before deciding on a verdict. The judge and Clemens' lawyer had to repeatedly explain the legal principle of innocent until proven guilty and that prosecutors alone bear the burden of proving his guilt.

"Maybe you won't get both sides," Hardin told a government consultant, who indicated she wanted to hear Clemens prove his innocence. She eventually said she understood she must start off by assuming he is innocent until the government persuades her otherwise.

"Would you require him to testify to find him not guilty?" Hardin asked another panelist.

"I would like to hear from both sides," she responded.

"That's the point. Most people would," Hardin said, and then explained she can't hold it against him.

"You mean you aren't going to say anything at all?" she asked.

"We may, we may not," he said. Under coaching from Hardin, she eventually said she would find him not guilty if she had a reasonable doubt even without hearing from him.

Clemens watched without speaking during three days of intense questioning of 50 potential jurors that qualified 35 people for potential service.

Clemens is charged with six felonies for telling U.S. Congress under oath that he never used performance-enhancing drugs. He stands by the denial, but prosecutors say they can prove that is a lie.

THE ASSOCIATED PRESS

Jury selection

U.S. District Judge Reggie Walton plans to have prosecutors and defence lawyers exercise their pre-emptory, or unexplained, challenges today to narrow those qualified to a panel of 12 jurors and up to four alternates and then have opening arguments tomorrow.

Disappointing. Derby

▶ Toronto's Jose Bautista participates in the Major League Baseball Home Run Derby in Phoenix last night.

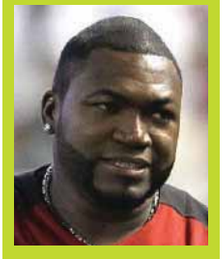
CHRISTIAN PETERSEN/GETTY IMAGES

Bautista flames out of derby early

Toronto Blue Jays all-star Jose Bautista was eliminated from the Major League Baseball Home Run Derby in the first-round last night with just four home runs. Bautista — baseball's home run leader with 31 this season — will get a second chance to impress as the starting right-fielder for the American League in the all-star game tonight. For home run derby results, go to metronews.ca/sports.

4 sports

Quoted



"I'm an immigrant. I definitely would never agree with any treating of immigrants bad — the wrong way."

BOSTON RED SOX SLUGGER DAVID ORTIZ, A NATIVE OF THE DOMINICAN REPUBLIC, ON ARIZONA IMMIGRATION LAW BEFORE THE MLB HOME RUN DERBY LAST NIGHT. THE REV. JESSE JACKSON IS URGING BASEBALL'S STARS TO SPEAK OUT AGAINST THE LAW KNOWN AS SB 1070 AT ALL-STAR GAME FESTIVITIES IN PHOENIX.

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION	W	L	Pct	GB
Boston	55	35	.611	—
New York	53	35	.602	1
Tampa Bay	49	41	.544	6
Toronto	45	47	.489	11
Baltimore	36	52	.409	18

CENTRAL DIVISION	W	L	Pct	GB
Detroit	49	43	.533	—
Cleveland	47	42	.528	½
Chicago	44	48	.478	5
Minnesota	41	48	.461	6½
Kansas City	37	54	.407	11½

WEST DIVISION	W	L	Pct	GB
Texas	51	41	.554	—
Los Angeles	50	42	.543	1
Seattle	43	48	.473	7½
Oakland	39	53	.424	12

Yesterday's results
No games scheduled
Sunday's results
N.Y. Yankees 1 Tampa Bay 0
Toronto 7 Cleveland 1
Boston 8 Baltimore 6
Detroit 2 Kansas City 1
Minnesota 6 Chicago White Sox 3
Texas 2 Oakland 0
L.A. Angels 4 Seattle 2
Tonight's game
All Times Eastern
All-Star Game at Phoenix, AR, 8:05 p.m.
Tomorrow's game
No games scheduled

NATIONAL LEAGUE

EAST DIVISION	W	L	Pct	GB
Philadelphia	57	34	.626	—
Atlanta	54	38	.587	3½
New York	46	45	.505	11
Washington	46	46	.500	11½
Florida	43	48	.473	14

CENTRAL DIVISION	W	L	Pct	GB
Milwaukee	49	43	.533	—
St. Louis	49	43	.533	—
Pittsburgh	47	43	.522	1
Cincinnati	45	47	.489	4
Chicago	37	55	.402	12
Houston	30	62	.326	19

WEST DIVISION	W	L	Pct	GB
San Francisco	52	40	.565	—
Arizona	49	43	.533	3
Colorado	43	48	.473	8½
Los Angeles	41	51	.446	11
San Diego	40	52	.435	12

Yesterday's results
No games scheduled
Sunday's results
Florida 5 Houston 4
Philadelphia 14 Atlanta 1
Pittsburgh 9 Chicago Cubs 1
Washington 2 Colorado 0
Milwaukee 4 Cincinnati 3
St. Louis 4 Arizona 2
L.A. Dodgers 4 San Diego 1
San Francisco 4 N.Y. Mets 2
Tonight's game
All Times Eastern
All-Star Game at Phoenix, AZ, 8:05 p.m.
Tomorrow's game
No games scheduled

ALL-STAR GAME ROSTERS

At Phoenix

Revised rosters released by Major League Baseball for the upcoming all-star game, to be held tonight at Chase Field in Phoenix (s-starter, elected by fans; m-managers pick; p-players' selection; i-injured, will not play; r-injury replacement; f-chosen by final vote selection):

AMERICAN LEAGUE

Pitchers
p-Josh Beckett, Boston; m-Aaron Crow, Kansas City; m-Gio Gonzalez, Oakland; p,ss-Felix Hernandez, Seattle; p-Brandon League, Seattle; p,i-Jon Lester, Boston; p-Alexi Ogando, Texas; p-Chris Perez, Cleveland; p-Michael Pineda, Seattle; m,i-David Price, Tampa Bay; p,i-Mariano Rivera, N.Y. Yankees; r-David Robertson, N.Y. Yankees; r-Ricky Romero, Toronto; p,ss-C.C. Sabathia, N.Y. Yankees; p,ss-James Shields, Tampa Bay; m-Jose Valverde, Detroit; p,ss-Justin Verlander, Detroit; r-Jordan Walden, L.A. Angels; p-Jered Weaver, L.A. Angels; m-C.J. Wilson, Texas.
Catchers
s-Alex Avila, Detroit; p-Russell Martin, N.Y. Yankees; m-Matt Wieters, Baltimore.
Infielders
p,s-Adrian Beltre, Texas; p,s-Asdrubal Cabrera, Cleveland; p-Miguel Cabrera, Detroit; s-Robinson Cano, N.Y. Yankees; s-Adrian Gonzalez, Boston; s,i-Derek Jeter, N.Y. Yankees; p-Howie Kendrick, L.A. Angels; f-Paul Konerko, Chicago White Sox; r-Jhonny Peralta, Detroit; s,i-Alex Rodriguez, N.Y. Yankees; r-Kevin Youkilis, Boston.
Outfielders
s-Jose Bautista, Toronto; m-Michael Cuddyer, Minnesota; p-Jacoby Ellsbury, Boston; s-Curtis Granderson, N.Y. Yankees; s-Josh Hamilton, Texas; p-Matt Joyce, Tampa Bay; p-Carlos Quentin, Chi. White Sox.
Designated Hitters
s-David Ortiz, Boston; p-Michael Young, Texas.

NATIONAL LEAGUE

Pitchers
m-Heath Bell, San Diego; m,ss-Matt Cain, San Francisco; m-Tyler Clippard, Washington; p-Kevin Correia, Pittsburgh; p-Roy Halladay, Philadelphia; p,ss-Cole Hamels, Philadelphia; p-Joel Hanrahan, Pittsburgh; p-Jair Jurrjens, Atlanta; p-Clayton Kershaw, L.A. Dodgers; p-Craig Kimbrel, Atlanta; p-Cliff Lee, Philadelphia; m-Tim Lincecum, San Francisco; p-Jonny Venters, Atlanta; m-Ryan Vogelsong, San Francisco; p-Brian Wilson, San Francisco.
Catchers
s-Brian McCann, Atlanta; p-Yadier Molina, St. Louis; m-Miguel Montero, Arizona.
Infielders
m-Starlin Castro, Chicago Cubs; s-Prince Fielder, Milwaukee; p,i-Chipper Jones, Atlanta; p-Brandon Phillips, Cincinnati; s,i-Placido Polanco, Philadelphia; s,i-Jose Reyes, N.Y. Mets; r,s-Scott Rolen, Cincinnati; m-Gaby Sanchez, Florida; m-Pablo Sandoval, San Francisco; p-Troy Tulowitzki, Colorado; p-Joey Votto, Cincinnati; s-Rickie Weeks, Milwaukee.
Outfielders
m-Carlos Beltran, N.Y. Mets; s-Lance Berkman, St. Louis; s,i-Ryan Braun, Milwaukee; p-Jay Bruce, Cincinnati; r-Andre Ethier, L.A. Dodgers; p-Matt Holliday, St. Louis; s-Matt Kemp, L.A. Dodgers; r-Andrew McCutchen, Pittsburgh; p-Hunter Pence, Houston; m-Justin Upton, Arizona; f,i-Shane Victorino, Philadelphia.

CALENDAR

Tonight — All-Star game, Phoenix.
July 24 — Hall of Fame induction, Cooperstown, N.Y.
July 31 — Last day to trade a player without securing waivers.

CFL

WEEK THREE

EAST DIVISION	GP	W	L	T	PF	PA	Pt
Montreal	2	2	0	0	69	51	4
Winnipeg	2	2	0	0	46	32	4
Toronto	2	1	1	0	39	43	2
Hamilton	2	0	2	0	26	52	0

WEST DIVISION	GP	W	L	T	PF	PA	Pt
Edmonton	2	2	0	0	70	38	4
Calgary	2	1	1	0	55	55	2
B.C.	2	0	2	0	58	64	0
Saskatchewan	2	0	2	0	53	81	0

Thursday's game
All Times Eastern
Calgary at Winnipeg, 8 p.m.
Friday's game
Toronto at Montreal, 7:30 p.m.
Saturday's games
Saskatchewan at Hamilton, 4 p.m.
B.C. at Edmonton, 7 p.m.

SCORING LEADERS

(x—scored two-point convert):

	TD	C	FG	S	Pts
Palardy, Wpg	0	3	6	2	23
Duval, Edm	0	8	4	2	22
McCallum, BC	0	4	6	0	22
Whyte, Mtl	0	8	4	1	21
Prefontaine, Tor	0	3	6	0	21
E.Johnson, Sask	0	6	3	2	17
Medlock, Ham	0	2	4	0	14
Barnes, Edm	2	0	0	0	12
Bratton, Mtl	2	0	0	0	12
Brown, BC	2	0	0	0	12
Cates, Sask	2	0	0	0	12
Cornish, Cal	2	0	0	0	12
Green, Mtl	2	0	0	0	12
Messam, Edm	2	0	0	0	12
Richardson, Mtl	2	0	0	0	12
Foster, BC	2	0	0	0	12
Paredes, Cal	0	4	2	0	10
Bishop, Cal	1	0	0	0	6
Bowman, Edm	1	0	0	0	6
Boyd, Tor	1	0	0	0	6
Clermont, Sask	1	0	0	0	6
Durant, Sask	1	0	0	0	6
Edwards, Wpg	1	0	0	0	6
Hill, Sask	1	0	0	0	6
Hughes, Sask	1	0	0	0	6
Joseph, Edm	1	0	0	0	6
Lemon, Tor	1	0	0	0	6
Lewis, Cal	1	0	0	0	6
Mann, Ham	1	0	0	0	6
Maypray, Mtl	1	0	0	0	6
Porter, Edm	1	0	0	0	6
Reid, Wpg	1	0	0	0	6
Reynolds, Cal	1	0	0	0	6

TENNIS

ATP MERCEDES CUP

At Stuttgart, Germany
Singles — First Round
Albert Montanes, Spain, def. Gilles Simon (4), France, 4-6, 7-6 (5), 6-2.
Guillermo Garcia-Lopez (8), Spain, def. Radek Stepanek, Czech Republic, 6-1, 6-3.
Sergiy Stakhovsky, Ukraine, def. Jaroslav Pospisil, Czech Republic, 4-6, 6-2, 7-6 (5).

WTA SNAI OPEN

At Palermo, Sicily
Singles — First Round
Flavia Pennetta (1), Italy, def. Anastassia Grymalska, Italy, 6-4, 6-1.
Tsvetana Pironkova (6), Bulgaria, def. Anna Tatishvili, Georgia, 6-2, 7-5.
Akgul Amanmuradova, Uzbekistan, def. Madalina Gojnea, Romania, 7-6 (4), 6-2.
Alberta Brianti, Italy, def. Silvia Albano, Italy, 6-1, 6-0.

GOLF

U.S. WOMEN'S OPEN

Yesterday's final round
At Colorado Springs, Colo.
Par: 71
x-won three-hole playoff by three shots
a-amateur

x-So Yeon Ryu, $585,000	74-69-69-69—281
Hee Kyung Seo, $350,000	72-73-68-68—281
Cristie Kerr, $215,493	71-72-69-71—283
Angela Stanford, $150,166	72-70-70-72—284
Mika Miyazato, $121,591	70-67-76-72—285
Inbee Park, $98,128	71-73-70-72—286
Karrie Webb, $98,128	70-73-72-71—286
Ai Miyazato, $98,128	70-68-76-72—286
Ryann O'Toole, $81,915	69-72-75-71—287
Jiyai Shin, $70,996	73-72-73-70—288
Amy Yang, $70,996	75-69-73-71—288
I.K. Kim, $70,996	70-69-76-73—288
Chella Choi, $60,780	71-76-70-72—289
Candie Kung, $60,780	76-69-71-73—289
Suzann Pettersen, $48,658	71-75-72-72—290
Yani Tseng, $48,658	73-73-71-73—290
Junthima Gulyanamitta, $48,658	73-76-68-73—290
Paula Creamer, $48,658	72-70-73-75—290
Karen Stupples, $48,658	72-77-73-68—290
Lizette Salas, $48,658	69-73-73-75—290
Meena Lee, $36,374	75-71-72-73—291
Morgan Pressel, $36,374	75-72-71-73—291
Catriona Matthew, $36,374	76-70-74-71—291
Leta Lindley, $36,374	73-71-72-75—291
Mi-Jeong Jeon, $30,122	72-73-76-71—292
Sun Young Yoo, $30,122	74-68-77-73—292
Alison Walshe, $24,042	74-73-73-73—293
Sakura Yokomine, $24,042	72-74-77-70—293
Beatriz Recari, $24,042	76-72-72-73—293
Brittany Lincicome, $24,042	75-74-74-70—293
Eun-Hee Ji, $24,042	73-69-74-77—293
a-Moriya Jutanugarn	76-69-76-73—294
Natalie Gulbis, $21,189	73-75-74-72—294
Song Hee Kim, $18,370	73-73-74-75—295
Shinobu Moromizato, $18,370	76-72-74-73—295
Jessica Korda, $18,370	73-75-72-75—295
Maria Hjorth, $18,370	70-78-73-74—295
Wendy Ward, $18,370	73-69-74-79—295
Stacy Lewis, $18,370	68-73-79-75—295
Sandra Gal, $18,370	77-72-72-74—295
Mina Harigae, $18,370	75-74-72-74—295
Karin Sjodin, $14,943	74-73-75-74—296
Shanshan Feng, $14,943	76-72-77-71—296
Meaghan Francella, $14,943	76-73-72-75—296
Azahara Munoz, $12,458	74-71-79-73—297
Hee Young Park, $12,458	73-71-80-73—297
Vicky Hurst, $12,458	76-72-76-73—297
Jennifer Johnson, $12,458	75-74-74-74—297
Se Ri Pak, $12,458	74-70-77-76—297
Sue Kim, $9,790	**73-74-77-74—298**
Brittany Lang, $9,790	72-74-81-71—298
Lindsey Wright, $9,790	76-71-75-76—298
Jinyoung Pak, $9,790	77-72-76-73—298
Soojin Yang, $9,790	75-74-75-74—298
Danah Bordner, $8,680	73-74-79-73—299
Lee-Anne Pace, $8,680	75-72-77-75—299
Mariajo Uribe, $8,680	75-69-79-76—299
Michelle Wie, $8,680	78-71-78-72—299
Jean Chua, $8,141	77-69-77-77—300
a-Victoria Tanco	78-69-77-76—300
Yoo Kyeong Kim, $8,141	74-74-77-75—300
a-Lindy Duncan	70-78-76-76—300
a-Amy Anderson	69-77-81-74—301
Harukyo Nomura, $7,735	77-70-79-76—302
Becky Morgan, $7,735	75-72-78-77—302
Shinae Ahn, $7,735	74-75-78-75—302
Anya Sarai Alvarez, $7,735	73-76-82-71—302
a-Danielle Kang	72-77-75-79—303
Paola Moreno, $7,408	73-76-77-78—304
Sherri Steinhauer, $7,277	72-76-78-79—305
Gwladys Nocera, $7,146	78-71-76-82—307

PGA TOUR FEDEXCUP LEADERS

Through July 10

	Points	Money YTD
1. Nick Watney	1,798	$4,189,233
2. Steve Stricker	1,673	$3,371,139
3. K.J. Choi	1,536	$3,665,704
4. Luke Donald	1,455	$3,550,248
5. Bubba Watson	1,448	$3,017,350
6. Mark Wilson	1,358	$2,716,845
7. Matt Kuchar	1,306	$2,878,861
8. David Toms	1,280	$2,920,730
9. Phil Mickelson	1,261	$2,496,784
10. Gary Woodland	1,237	$2,381,229
11. Webb Simpson	1,230	$2,466,692
12. Brandt Snedeker	1,191	$2,392,395
13. Martin Laird	1,165	$2,348,956
14. Jonathan Byrd	1,154	$2,358,204
15. Jason Day	1,143	$2,729,452
16. Rory Sabbatini	1,137	$2,200,867
17. Aaron Baddeley	1,112	$2,329,848
18. Fredrik Jacobson	1,112	$2,026,682
19. Hunter Mahan	1,072	$2,181,312
20. Charl Schwartzel	980	$2,080,921
21. Bill Haas	946	$1,730,170
22. Steve Marino	935	$1,821,556
23. Charles Howell III	913	$1,706,895
24. D.A. Points	905	$1,719,033
25. Dustin Johnson	900	$1,947,228
Also		
129. David Hearn	**275**	**$409,962**
131. Stephen Ames	**274**	**$467,810**

WORLD RANKING

Through July 10

1. Luke Donald	Eng	9.74
2. Lee Westwood	Eng	8.62
3. Martin Kaymer	Ger	7.27
4. Rory McIlroy	NIr	7.17
5. Steve Stricker	USA	6.89
6. Phil Mickelson	USA	5.55
7. Matt Kuchar	USA	5.55
8. Jason Day	Aus	5.46
9. Graeme McDowell	NIr	5.38
10. Nick Watney	USA	5.37
11. Charl Schwartzel	SAf	5.23
12. Dustin Johnson	USA	4.92
13. K.J. Choi	Kor	4.75
14. Paul Casey	Eng	4.74
15. Bubba Watson	USA	4.72
16. Ian Poulter	Eng	4.61
17. Adam Scott	Aus	4.08
18. Robert Karlsson	Swe	3.98
19. Tiger Woods	USA	3.93
20. Hunter Mahan	USA	3.92
21. Retief Goosen	SAf	3.80
22. Francesco Molinari	Ita	3.77
23. Jim Furyk	USA	3.75
24. Ernie Els	SAf	3.71
25. Alvaro Quiros	Esp	3.69

SOCCER

COPA AMERICA

All Times Eastern
Tonight's games
At Mendoza
Chile vs. Peru, 8:45 p.m.
At La Plata
Uruguay vs. Mexico, 8:45 p.m.
Tomorrow's games
At Salta
Paraguay vs. Venezuela, 6:15 p.m.
At Cordoba, Argentina
Brazil vs. Ecuador, 8:45 p.m.

QUARTER-FINALS

Saturday's games
At Cordoba
QF1 — Colombia vs. Best-third place, 3 p.m.
At Santa Fe
QF2 — Second A vs. Second C, 6:15 p.m.
Sunday, July 17
At La Plata
QF3 — First B vs. Second-best third place, 3 p.m.
At San Juan
QF4 — First C winner vs. Second B, 6:15 p.m.

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Philadelphia	18	7	4	7	21	16	28
New York	20	6	4	10	34	24	28
Columbus	18	7	5	6	21	19	27
Houston	19	5	6	8	23	22	23
D.C. United	17	5	5	7	24	29	22
Kansas City	18	5	6	7	23	24	22
Chicago	19	2	5	12	20	24	18
Toronto	21	3	9	9	17	36	18
New England	18	3	8	7	16	24	16

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Los Angeles	21	10	2	9	27	16	39
Seattle	21	9	4	8	28	20	35
Dallas	19	10	5	4	26	19	34
Real Salt Lake	17	8	3	6	23	12	30
Colorado	20	6	5	9	22	23	27
Chivas USA	19	5	7	7	24	23	22
San Jose	18	5	6	7	28	21	21
Portland	17	5	9	3	21	31	18
Vancouver	20	2	10	8	19	28	14

Sunday's result
Seattle 3 Portland 2
Saturday's games
All Times Eastern
Colorado at Seattle, 4 p.m.
Real Salt Lake at Vancouver, 4 p.m.
San Jose at Columbus, 7:30 p.m.
Kansas City at Houston, 8:30 p.m.
Portland at Chicago, 8:30 p.m.
D.C. United at Dallas, 9 p.m.
New York at Chivas USA, 10:30 p.m.

NASL

	GP	W	L	T	GF	GA	Pt
Carolina	15	13	1	1	34	11	40
Edmonton	14	7	4	3	17	14	24
Puerto Rico	15	6	4	5	23	23	23
Minnesota	15	4	4	7	16	15	19
Tampa Bay	15	4	5	6	17	21	18
Fort Lauderdale	15	3	4	8	21	22	17
Montreal	14	2	8	4	11	15	10
Atlanta	15	2	11	2	15	33	8

Tomorrow's games
All Times Eastern
Fort Lauderdale at Montreal, 7:30 p.m.
Carolina at Edmonton, 9:30 p.m.
Sunday, July 17
Atlanta at Montreal, 3:30 p.m.
Tampa Bay at Edmonton, 6 p.m.
Puerto Rico at Minnesota, 8:30 p.m.

FIFA WOMEN'S WORLD CUP

Quarter-finals
Sunday's results
At Augsburg, Germany
Sweden 3 Australia 1
At Dresden, Germany
Brazil 2 U.S. 2
(U.S. advances 5-3 on penalty kicks)
Tomorrow's games
All Times Eastern
Semifinals
At Moenchengladbach, Germany
France vs. U.S., Noon
At Frankfurt
Japan vs. Sweden, 2:45 p.m.
Saturday's games
Third Place
At Sinsheim, Germany
Semifinal losers, 11:30 a.m.
Sunday's game
Championship
At Frankfurt
Semifinal winners, 2:45 p.m.

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Hesjedal stays alive amidst tour mayhem

Canadian rider sits in 43rd place, 9:33 back of leader Thomas Voeckler

Ryder Hesjedal is nursing sore ribs and a bruised back and neck. But he is grateful he has made it through the first nine stages of the Tour de France.

"I'm just happy to still be in the race and still be in one piece," he told The Canadian Press during yesterday's rest day. "I just feel for the guys that have gone home with broken bones. It's not fun."

This year's tour has been a wild ride with competitors clipped by motorcycles, cars, spectators and guardrails. Rain and mass crashes have added to the mayhem. The 30-year-old from Victoria went down hard Friday during Stage 7, dropping him to 48th overall from 30th as he lost three minutes six seconds on the leader.

THE CANADIAN PRESS

Raonic falls in rankings after injury

Milos Raonic has dropped in the latest ATP rankings to No 27.

The 20-year-old from Thornhill hasn't played since suffering an injury during his second-round match at Wimbledon.

He had reached a career-high No. 25 in the rankings going into the tournament. Raonic, who underwent hip surgery last week, is expected to make a full recovery and resume practising in about five weeks.

THE CANADIAN PRESS

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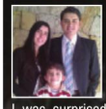

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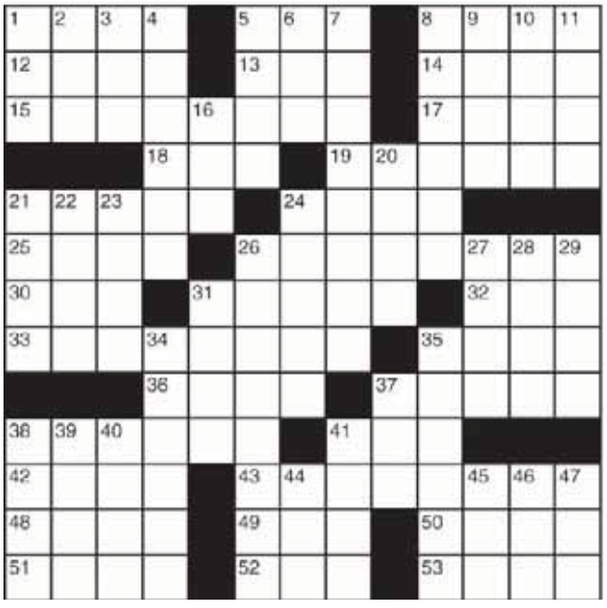

Across

1 Food list
5 Lummox
8 Glitz partner
12 Shakespeare's river
13 Under the weather
14 Relaxation
15 Corsage flower
17 Karaoke need
18 Tattooist's supply
19 Need for water
21 Released
24 100 (Sp.)
25 Statutes
26 Jon Arbuckle's cat
30 Noshed
31 Fortuneteller's deck
32 Extinct bird
33 Military post
35 Shade of color
36 Not 13-Across
37 Garbage vessel
38 Jungle expedition
41 Intend
42 Tiger Woods' ex
43 Chickpea
48 McNally partner
49 That guy
50 Bank transaction
51 Vicinity
52 Attempt
53 Advantage

Down

1 Periodical, for short
2 Actress Longoria
3 Neither mate
4 Intimate apparel
5 Pig's call
6 "The Greatest"
7 Pressing need?
8 Zodiac twins
9 Den
10 Requests
11 Encounter
16 Conclusion
20 Weight
21 Old Glory, e.g.
22 — -tat-tat
23 Basin accessory
24 Yuletide song
26 Old-fashioned illumination
27 Eastern potentate
28 Protracted
29 Appointment
31 Layer
34 Kigali's country
35 Mexican entree
37 Clothes protector
38 Antitoxins
39 Winged
40 OK
41 Host
44 Melody
45 Affirmative action?
46 Sharp turn
47 Inseparable

▶ Yesterday's answer

Sudoku

7				8		6	9	
	3		9	7		2		
					4			
	5	8				1		2
3								9
1		7				4	5	
			5					
		2		9	8		6	
	9	5		4				3

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

4	7	8	1	2	3	6	5	9
6	3	9	5	4	7	8	2	1
2	1	5	8	9	6	3	7	4
1	4	6	7	3	2	5	9	8
8	5	7	9	1	4	2	3	6
3	9	2	6	5	8	1	4	7
7	6	4	3	8	5	9	1	2
5	2	1	4	6	9	7	8	3
9	8	3	2	7	1	4	6	5

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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Mercury, planet of the mind, links to your ruler today, so you won't be short of ideas.

♉ Taurus April 21-May 21 You may have every right to get your own back on a rival but it will lead to more bad feeling.

♊ Gemini May 22-June 21 You may need to bluff your way through a situation.

♋ Cancer June 22-July 22 Take that first small step, then just keep walking.

♌ Leo July 23-Aug.23 If you know what you want you will surely find a way to get it — but do you know what you want?

♍ Virgo Aug. 24- Sept. 22 Fate is clearly pointing you in a particular direction but you want to take a completely different path.

♎ Libra Sept. 23-Oct. 23 A Mars-Mercury link will help you reach out to people you love and trust.

♏ Scorpio Oct. 24-Nov. 22 You will know with the utmost clarity today what needs to be done.

♐ Sagittarius Nov. 23-Dec. 21 What happens today will remind you that the world is full of many different kinds of people.

♑ Capricorn Dec. 22-Jan. 20 You will notice a change in the way you think about certain issues.

♒ Aquarius Jan. 21-Feb. 18 Resist the temptation to be blunt or rude — it will turn people against you.

♓ Pisces Feb. 19-March 20. You don't have to follow the latest fad or fashion but you do have to realize that the world moves on quickly.

SALLY BROMPTON

Caption contest

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"Dodge-ball death match. Two men enter, one man leaves!"
DAVE

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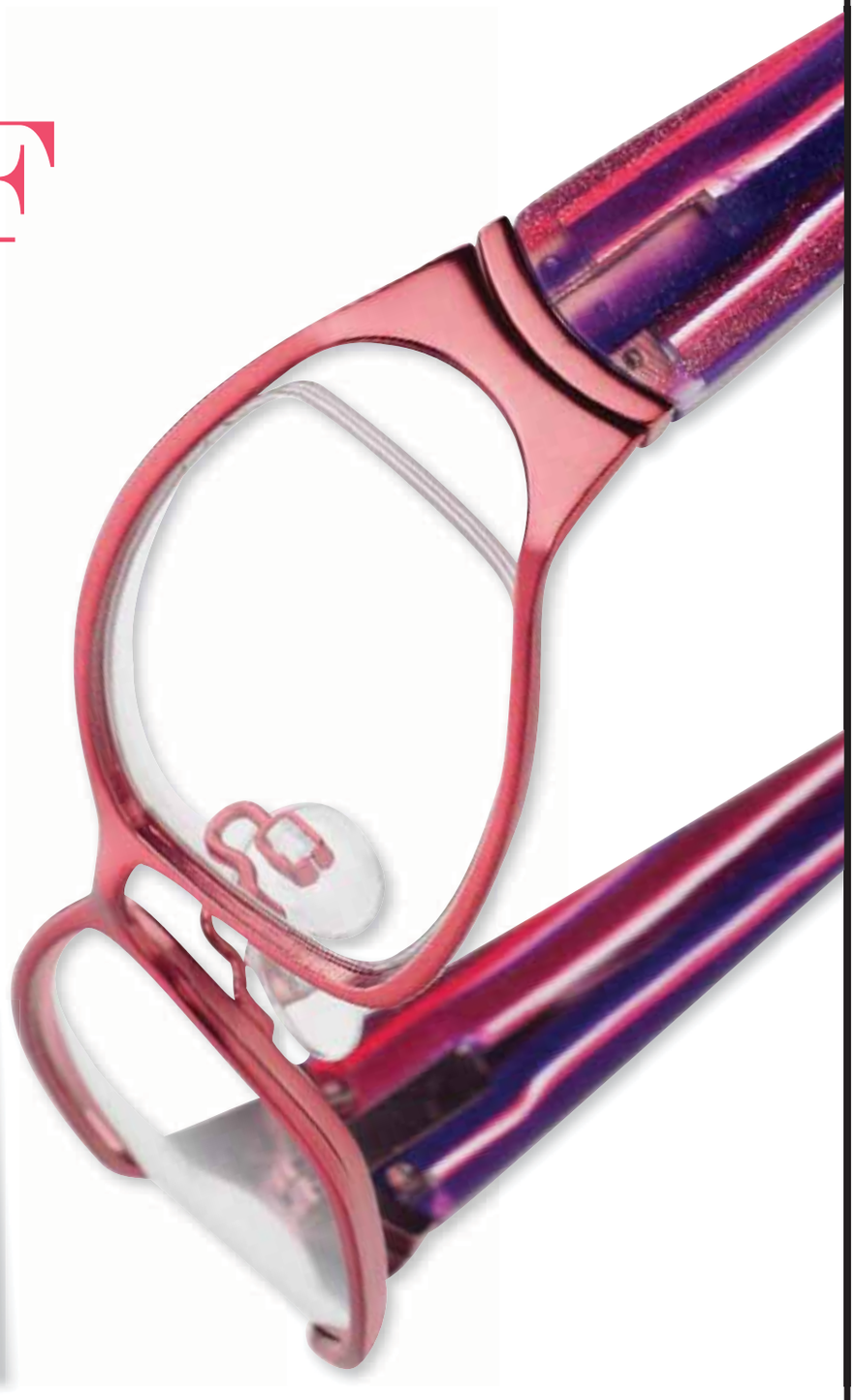

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